



**Kid Kritics Approved Product:
Iceland Spring Water**



Tasty Summer Smoothie Delight

by Healthy Recipe Mom, Becca

PANS/EQUIPMENT: Blender, knife, cutting board

PREP TIME: 5-7 minutes

NUMBER OF SERVINGS: 2-3 (or more depending on ages)

1 cup fresh strawberries

1 cup fresh banana slices

1 cup fresh honeydew melon cubes

1/2 cup mixed fresh vegetables (green beans, broccoli, carrots)

Wash fruits and vegetables. Slice or cut into small chunks. Add to blender.

8 ounces organic yogurt**

2 cups Iceland Spring Water

ice cubes

Add yogurt and water to blender with fruits and veggies. You can add some ice cubes (frozen Iceland Spring Water) to thicken the consistency. Blend until smooth consistency and serve in colorful, fun cups with a straw.

** Organic yogurt is best and is naturally flavored/sweetened. Look for brands that are lower in sugar.

OPTIONS: Vary the fruits and vegetables or use frozen when fresh is not available. "You can add milk if you like, but my little one is lactose intolerant so we use water."

FAMILY COMMENTS: "The veggies are a nice way to sneak them into your kids diet without them knowing because they can't taste them and will never know they are there! My son thought it was delicious and it totally cooled him off on a hot day. Plus, he thought it was good as a sugary sweet dessert but it was good for him! Shhh."

RECIPE SOURCE: "My own creation after many trips to Jamba Juice."

4 FOOD COLORS: red, white, green, orange

4 FOOD GROUPS: fruits, vegetables, water, dairy