



## TUTTI FRUITY SMOOTHIE AND POPSICLES!

**Serves:** 2 smoothies (8 to 10 oz) or up to 1 dozen popsicles

**Time:** 5 minutes

### Ingredients:

1 banana

1 cup strawberries

1 cup apple

1 kiwi

$\frac{1}{2}$  cup plain greek yogurt (*may substitute  $\frac{1}{2}$  avocado or equivalent dairy-free alternative*)

Optional Vegetable Add-Ins: *1 cup spinach or leafy green, 1 bell pepper, 1 carrot or  $\frac{1}{2}$  cucumber*

### Directions:

1. Add all ingredients into blender or food processor, cover and puree until smooth.
2. Enjoy!

**Nutrition Facts:** 179 calories, 1g fat, 0g saturated fat, 39g carb, 8g protein, 30mg sodium, 6g fiber

Smoothies are a great way to get kiddos of all ages to eat their fruit AND vegetables – they are sure to please the pickiest of eaters! This smoothie recipe is meant as an inspiration for making your own pureed creations! It's a great way to use up odds-and-ends fruits and veggies that otherwise might be thrown out. Kids have a blast choosing what goes in their smoothie and guessing what the final color will be. You can add a sweetener of your choice (such as honey, juice, etc.) if you like your smoothies to be more sweet.

**Tips:** Smoothie mix can be used to make homemade popsicles, which are extra refreshing on hot summer days. You can purchase Popsicle trays, or use an ice cube tray and popsicle sticks from your craft station to make mini popsicles. Just add your smoothie mix to the tray, place the sticks in the mix and leave in the freezer for several hours until completely frozen.

Another great way to reduce food waste is to keep a container in your freezer to fill with over-ripe strawberries, bananas, apples, avocado, etc. that would otherwise be thrown out to be used in future smoothies and popsicles. You can also keep a separate container in the freezer for veggies to be used in smoothies or soups.