

WEEK 2

My Glass is Why

Big Green Monster Smoothie

This week don't let breakfast preparation get you down! Do something different that you, and the kiddos, will love. Try making some smoothies this week - get creative with your mixtures - and enjoy your breakfast on the go! Here's a recipe to help get you started!

Makes six (6) 4-oz. (½-cup) servings.

Ingredients

- 1 green apple, cored and cut into large chunks (leave skin on)
- 1-2 handfuls of washed spinach
- ¼ large cucumber, peeled and cut into chunks
- 1 kiwi, peeled and cut into chunks
- 2 tablespoons fresh lemon juice
- 1 cup low-fat milk (or milk substitute or water)
- 2 teaspoons honey
- 1 cup ice cubes

Directions

Add all ingredients into a blender. Pulse until thoroughly blended. When blended to desired consistency, pour into cups and serve.

Recipe Notes

- Food allergies and sensitivities: This recipe includes milk. Water or milk substitute can be used in place of milk, if necessary.
- If ice cubes aren't available, use chilled ingredients for best results.
- Try adding cinnamon, vanilla or ginger to change the flavor of the smoothie.
- If listed vegetables and fruits aren't available, substitute other green produce items such as parsley, pears, peas, kale, leaf lettuce, greens or green beans. Note: The flavor profile and nutrition information will change.

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***It starts at home.
It starts with you.***

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