

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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