



SMOOTHIES

Why don't you try a small smoothie for your breakfast?

- There are tons of fantastic smoothie making books or great recipes you can find on line. Here are just a few ideas to get you going!!! Remember to always think what health benefits are in your smoothie so you know exactly how it's helping you. If it's a recipe where you need to use milk I would always recommend mixing your smoothie with something like rice milk as it's easier on the digestion than cows, and actually tastes sweeter! I would also only recommend one a day as they are a quick sugar hit, even if it is natural.
- All you need is a blender and fresh, tinned or frozen fruit or vegetables!!
- Why not try making ice lollies with your smoothie instead. So simple and delicious!!!

K4 Fit Kidz School Recipe for a GREEN Health Kick Smoothie!!!

With all the smoothies that we recommend, the more vegetables you can get into the smoothie the better the nutrients!! The sweetness from the fruit will disguise the taste of the spinach and taste equally as sweet as it would without!! Try it and see!!

You can basically add any fruit that you wish, but the basic ingredients are the cucumber, celery and spinach!!

Ingredients

- Half a cucumber chopped up
- 1 stick of celery (optional)
- A Handful of washed raw spinach
- 10 chunks of pineapple
- 8 Strawberries
- 1 Banana
- 1 chopped up and peeled apple
- Half a Freshly squeezed Lemon
- Add water or Apple juice to the consistency your child likes!
- Serve and enjoy this energy enriched smoothie!!

Strawberry Delight

Ingredients

- A handful of strawberries
- 1 Ripe banana
- Blend into a paste
- Add the juice of one orange
- Add a handful of ice
- Pour and serve with strawberries

What's in it for me?

Vitamin C, Fibre, Folic Acid and potassium. All immune boosting properties! Fantastic!

Blueberry Benefits

Ingredients

- 2 handfuls of blueberrys, fresh, frozen or tinned
- 2 handfuls of blackcurrents
- 5-6 ice cubes
- 1 teaspoon honey
- Blend and serve

Whats in it for me?

This is full of superfood!! Dark berries are blood purifiers and great antioxidants. Also good fibre and Vitamin C.

Raspberry Rush

Ingredients

- 3 large handfuls raspberries, fresh or frozen
- Quarter pint of cranberry juice
- 2 Bananas peeled and chopped
- Blast and serve

What's in it for me?

Vitamin C, potassium and high fibre!!

Pineapple Paradise

Ingredients

- Half a fresh pineapple or one large tin of pineapple in juice
- 1 Ripe Banana
- Quarter glass of rice or coconut milk and quarter glass of water
- Mix until smooth
- Serve with pineapple pieces.

Whats in it for me?

Minerals as well as Vitamins A and C and high in fibre.