



"SUPERHERO" SMOOTHIES



INCREDIBLE HULK

MAKES 3 SERVINGS

- 1 cup blueberries (fresh or frozen)
- 1 cup low-fat milk
- 1 cup low-fat Greek yogurt
- 1 cup fresh Spinach (1/4 cup if frozen spinach)
- Ice or water (as needed)

Serving Size: 12 ounces

Per serving: 103 calories, 9g protein, 2g fat, 12g carbs, 2g fiber, 67mg sodium



WONDER WOMAN

MAKES 3 SERVINGS

- 1 cup strawberries (fresh or frozen)
- 1 banana (fresh or frozen)
- 1 cup low-fat milk
- 1 cup low-fat Greek yogurt
- 1 cup cauliflower (fresh florets or frozen)
- Ice or water (as needed)

Serving Size: 12 ounces

Per serving: 131 calories, 10g protein, 1g fat, 21g carbs, 3g fiber, 68mg sodium

DIRECTIONS:

Add all ingredients to a blender and blend to desired thickness. Add ice or more yogurt to thicken and water or more milk to thin your smoothie while in the blender. Enjoy!

Notes: You can use any low-fat Greek yogurt your child likes. Flavored yogurt can make the smoothie sweeter and hide the vegetable taste. If using plain yogurt, you can add honey or another sweetener. You can also substitute almond milk or soy milk for the low-fat milk in these recipes, depending on your child's preferences or dietary needs.



GLEANERS