

SUPER SMOOTHIES AND DRINKS

Children can now almost drink their way to health given the popularity of healthy smoothies and other assorted drinks. It's a way for your child to add nutrition in a quick, portable way.

Instead of sugary sodas and pure fruit juices (which also contain a lot of sugar), the smoothie recipes here contain far fewer simple carbohydrates. And if your child is picky about fruits, what better way to disguise them than in a cool smoothie?

If your child needs extra nutrition, a blender drink is the perfect vehicle for adding things like protein powder, nonfat dry milk powder, wheat germ, low-fat/low-sugar peanut butter and more. On their own, these ingredients may be rejected, but when they are blended together, your child can get an extra boost of nutrition and will only taste the predominant ingredients such as milk and fruit.

For best results with blender drinks, make sure your blender is powerful enough to handle pieces of ice and that the power is sufficient to ensure a very smooth drink. Most of the smoothies in this chapter can even be prepared up to a half hour before serving, giving your child a chance to prepare for school or to rest a bit after playing.

To make smoothies even more fun, pour them into tall glasses and have your child sip from a fun straw. Half the battle is won when food can be presented in an inviting way that makes children feel special.

FAB BLUEBERRY BLAST

Fresh or frozen blueberries can be used to create this fab smoothie.
Blasting with fruity flavor, it's berry, berry good!

Serves: 3 / Serving size: 240 ml (8 fl oz)

Preparation time: 10 minutes

- 240 ml (8 fl oz) low fat blueberry flavored yogurt
- 115 g (½ cup) fresh blueberries, washed and stems removed
- 240 ml (8 fl oz) low fat milk
- 16 ml (1 tablespoon) honey
- 230 g (8 oz) ice cubes

Combine all ingredients in a blender and puree until smooth. Serve immediately

Nutrition Per Serving

Calories 114
Total Fat 4g
Saturated Fat 1g
Carbohydrate 16g
Fiber 1g
Protein 6g



WET AND WILD WATERMELON DRINK

Listening to kids slurping on watermelon slices makes you think they would like to drink it as well as eat it. Well, here's the solution. Combine watermelon and ice cream to provide a cool, creamy and refreshing drink in the summertime.

Serves: 2 / Serving size: 240 ml (8 fl oz)

Preparation time: 15 minutes

230 g (1 cup) watermelon chunks, seeds removed

60 ml (2 fl oz) low-sugar grape juice

120 ml (4 fl oz) light vanilla ice cream

120 ml (4 fl oz) crushed ice

Place the watermelon, grape juice and ice cream in a blender. Puree until smooth. To serve, divide the ice between two glasses and pour the watermelon mixture over each.



Nutrition Per Serving

Calories 92

Total Fat 2.5g

Saturated Fat 1g

Carbohydrate 17g

Fiber .5g

Protein 2g



RAZZAMATAZZ RASPBERRY COOLER

Jazz up a hot day with this sweet berry drink. Low in sugar and high in calcium, this cool drink is really razz.

Serves: 2 / **Serving size:** 120 ml (4 fl oz)

Preparation time: 5 minutes

230 g (8 oz) fresh raspberries

120 ml (4 fl oz) light vanilla ice cream

120 ml (4 fl oz) very cold low fat milk

Fresh raspberries for garnish

Combine all the ingredients in a blender and puree until smooth. Serve immediately, garnished with a few raspberries.

Nutrition Per Serving

Calories 100

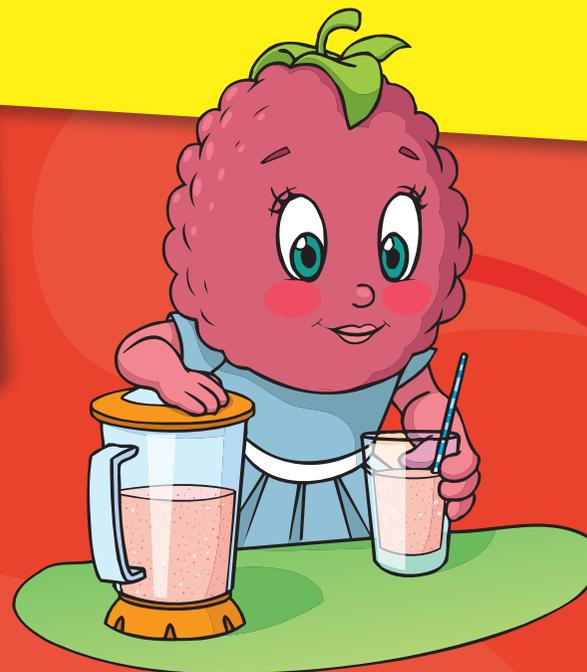
Total Fat 4g

Saturated Fat 1g

Carbohydrate 13g

Fiber 2g

Protein 5g



FANTASTIC FIZZY STRAWBERRY SHAKE

Summer strawberry season is all too short, so we always try to make the most of it by buying them up when they appear. If, however, you find you have more berries than you can handle, this lightly sweet and fruity, fizzy fun in a glass is the answer! When out of season, feel free to use frozen strawberries without added sugar.

Serves: 3 / Serving size: 240 ml (8 fl oz)

Preparation time: 5 minutes

230 g (8 oz) fresh strawberries, washed and hulled

120 ml (4 fl oz) low fat milk

360 ml (12 fl oz) plain seltzer water or club soda

32 ml (2 tablespoons) honey

Combine all ingredients in a blender and puree until smooth. Pour into glasses and serve immediately.

Nutrition Per Serving

Calories 92

Total Fat 2.5g

Saturated Fat 1g

Carbohydrate 17g

Fiber .5g

Protein 2g



MARVELOUS MANGO LASSI

The lassi, invented in India, is a super-healthy version of a milkshake. It's light and frothy fun in a glass. Mango and yogurt never tasted so good!

Serves: 4 / Serving size: 240 ml (8 fl oz)

Preparation time: 15 minutes

1 soft mango, peeled and cut into cubes, large seed discarded

240 ml (8 fl oz) low fat plain yogurt

32 ml (2 tablespoons) honey

340 g (12 oz) ice cubes

Combine all ingredients in a blender, and puree until smooth.

Serve immediately.

Nutrition Per Serving

Calories 92

Total Fat 2.5g

Saturated Fat 1g

Carbohydrate 17g

Fiber .5g

Protein 2g



PEACHY KEEN "HOLD THE FUZZ" FRAPPÉ

Sweet yummy peaches just can't be beat during peach season, but you can also use canned or frozen in a pinch.

Serves: 3 / Serving size: 240 ml (8 fl oz)

Preparation time: 10 minutes

230 g (8 oz) fresh diced peaches, skin removed

240 ml (8 fl oz) low fat milk

60 ml (2 fl oz) low fat peach yogurt

32 ml (2 tablespoons) honey

230 g (8 oz) ice cubes

Combine all ingredients in a blender and puree until smooth.

Serve immediately.

Nutrition Per Serving

Calories 90

Total Fat 3g

Saturated Fat 1 g

Carbohydrate 21g

Fiber 2g

Protein 5 g

