



# 3 Healthy Smoothies

your kids will love.



## Peanut & Banana Smoothie:

- 2 Tbsp Flaxseeds
- 3 Frozen Bananas
- 1 cup Almond milk
- ½ cup Natural Peanut Butter
- 4 Dates

## Berries & Beetroot Smoothie:

- 1 cup Frozen Beetroot
- 2 Frozen Bananas
- 1 cup Frozen Mixed Berries
- 1 cup Almond Milk
- 2-4 tsp Maple syrup (Optional)

## Green Smoothie:

- 1 cup Spinach
- 2 Frozen Banana
- 1 Frozen Apple
- 1 cup Almond milk
- 2-4 tsp Maple Syrup (Optional)

COMBINE ALL INGREDIENTS IN  
A HIGH-SPEED BLENDER AND  
BLEND ON HIGH UNTIL  
SMOOTH.



BY NUROOTZ