



Recipes for Success



The Big Breakfast Smoothie

Smoothies have become a popular way of ensuring we get important nutrients at the beginning of our day. This smoothie is a great way of getting 3 of the 4 food groups in a healthy breakfast.

Makes: 1 serving

Equipment:

Blender

Ingredients:

1 cup of milk
1 scoop yogurt
1 cup blueberries
1 banana
1 tablespoon of each granola, almonds and pecans
Dash of cinnamon and nutmeg

Directions:

Put all ingredients into blender and blend until smooth.

There are many different ingredients you can use to make a delicious smoothie, so get creative! Here are some other items that you can add:

- spinach
- berries
- peanut butter
- Mangoes



Suggested Tasks for Children:

- Find ingredients
- Pour everything into blender
- Push buttons on blender
- Help clean up

