



Recipes for Success



Easter Smoothies

These fun smoothies will brighten any morning!

Makes: 4 servings

Purple Smoothie

Milk 3 cups
Frozen Blueberries* 4 cups
*can use blackberries

Yellow Smoothie

Milk 3 cups
Frozen Mango chunks* 4 cups
Carrot - for garnish 1 long, peeled & cut in half

Pink Smoothie

Milk 3 cups
Frozen Strawberries 4 cups
Celery - for garnish 1 stalk, cut in half

Directions:

1. Measure out desired ingredients.
2. Blend all until smooth.
3. Decorate cups with eyes, nose, whiskers and a mouth.
4. Pour smoothie mixture into the cups.
5. Garnish with the cut carrot or celery for ears, OR two straws.

Extra Goodness:

Don't be afraid to add a tablespoon of flax seeds or chia seeds to any of these recipes.



Suggested Tasks for Children:

- Measure ingredients
- Decorate cups
- Help clean up

