



# Smoothies & Your Toddler

## Toddler Green Smoothie

- 1 cup Coconut Milk
- 1 Banana
- 1/2 Cup Strawberries/Pineapple
- Two handfuls Spinach
- Substitutions
- Almond Milk /Dairy Milk
- Add chia/flax seeds for fats/protein/fiber

Substitute kale Place all ingredients in blender and mix on high for one minute (or until reach desired consistency)

## Berry Banana Smoothie

- 1/4 cup Plain Kefir
- 1/4 cup StonyfieldYoBaby Yogurt
- 1 Banana
- Handful mixed berries
- Handful crushed ice
- Place all ingredients in blender and mix on high (or until reach desired consistency)

Transfer to sippy cup or straw cup and enjoy!