

Health Tip of the Month

Kid-Friendly Veggie Smoothies

Are your children picky vegetable eaters?

Some children don't like the way vegetables feel in their mouths. Some children may not like the taste of vegetables. Why not try serving vegetables to drink for that picky eater in your life?

Smoothies are a great way to add vegetables to your child's diet without sacrificing the nutrients that make vegetables healthy. Vegetable smoothies are ideal at any time of day, either as part of your meals or as snacks.

**Surprise yourself!
See if you can taste
the vegetables.**

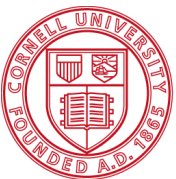


Blueberry Smoothie Surprise

- **1/2 cup broccoli florets (steamed)**
- **1/4 cup baby carrots (chopped)**
- **1 cup blueberries (fresh or frozen)**
- **1 apple (chopped)**
- **100% Orange juice (up to 1/2 cup)**
- **1/2 cup ice (chopped)**

**Wash and prepare all vegetables and add to your blender with fruits.
Add juice and ice, and blend until mixture has a smooth consistency.
Serve and enjoy!**

**Recipe adapted from:
<http://www.smoothieweb.com/broccoli-blueberry-smoothie/>**



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