

Blend it up!

Smoothies are a super way to introduce kids to the kitchen.



The only tool you need is a blender and you don't even need to follow a recipe! Just blend together a mixture of fresh or frozen fruit, bananas, yogurt and milk or 100% juice.

Smoothies are a tasty way to enjoy milk, fruit, and maybe even veggies—all things kids often don't get enough of.

