

Stay**Strong**Mummy

Kids Smoothie Recipes

Green Hulk Smoothie

Serves 2

1 frozen banana

1/4 cup fresh spinach

2 cups coconut water

1 tsp pure honey

Handful ice

(Option, add 1/4 avocado)

Strawberry Shortcake

Serves 2

1 frozen banana

1/2 cup frozen strawberries

2 cups coconut milk (or milk of choice)

1 tsp chia seeds

1 tsp pure honey

Cheeky Choc Monkey

Serves 2

- 1 frozen banana
 - 2 tsp cacao powder
 - 1 tsp peanut butter
 - 2 cups milk of choice
 - 2 tsp maple syrup
 - Handful ice
- (Option, add handful cashews)

Captain America

Serves 2

- 1 frozen banana
- 1 cup mixed frozen berries
- 1 handful fresh spinach
- 2 cups coconut water
- 1 tsp pure honey

Mango Madness

Serves 2

- 1 frozen banana
- 1 cup frozen mango chunks
- 2 cups coconut milk
- 1 tsp pure honey
- 1 tsp chia seeds text