

Kids in the Kitchen



PEACH MANGO SMOOTHIE

INGREDIENTS

- Vanilla yogurt ½ cup
- Milk ¾–1 cup
- Vanilla protein powder 1 scoop
- Frozen mango ½ cup
- Canned or frozen peaches ½ cup
- Frozen kale ¼ cup
- Chia seeds 1 teaspoon
- MCT oil 1 teaspoon
- Honey 1 teaspoon, optional

DIRECTIONS

1. Add wet ingredients to the blender.
2. Add remaining non-frozen ingredients.
3. Blend.
4. Add frozen ingredients and blend til smooth.