

Kids in the Kitchen



STRAWBERRY SMOOTHIE

INGREDIENTS

- 1 cup whole milk
- ½ cup vanilla Greek yogurt
- 1 cup fresh or frozen strawberries
- ½ banana
- 1 tablespoon peanut butter or almond butter
- 1 tablespoon honey or maple syrup (optional)
- ½ teaspoon vanilla extract
- Ice (optional for thicker texture)

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth and creamy.
2. Take a taste test, if it's not sweet enough add more syrup.
3. Pour into a tall glass and enjoy immediately.

MODIFICATIONS

- For more calories: add 1 tablespoon of heavy cream or blend in 1 tablespoon of coconut oil.
- For a protein boost: add a scoop of vanilla protein powder.
- For more healthy fats: add ½ avocado or extra nut butter.
- For less calories: use skim milk or fat free Greek yogurt. Omit the nut butter and use low or no-sugar syrup.