

St. Pattys Day Green Smoothie

Ingredients:

1 ½ C skim milk

½ C plain yogurt

2 very ripe bananas (the riper they are, the sweeter they are)

2 C loosely packed baby spinach

1 T honey

Combine all ingredients in blender until blended. Pour and enjoy!

Makes 4 cups, Serve 4 oz each making enough to serve 16 people.

For classroom settings, it is recommended that you serve 4 oz portions to the children for a taste sampling. Dixie cups work very well. Ask the kids to evaluate the taste, appearance, flavor, smell, and overall product appeal.

You can reinforce with this activity the benefits of eating fruits and vegetables daily. Children need 2 servings of fruit and 3 servings of vegetables each day. Children should also aim to have 2-3 servings of low fat milk products daily to get the adequate amount of calcium and vitamin D needed for growth and development.

Reinforce the value of dark green leafy vegetables-as they are an excellent source of fiber, calcium, many vitamins, and also phytochemicals (help fight diseases like cancer). Children should eat a dark green vegetable or orange vegetable at least 3-4 times per week.