

MIX & MATCH SMOOTHIES

Grab a quick and easy smoothie for a boost in nutrition for the day. Smoothies are packed with a variety of **good-for-you** nutrients and perfect to give you energy at breakfast, snack or before or after the big game! Make your favorite smoothie by picking your own ingredients from the chart.

TIME-SAVER TIP:

- Make smoothie packs and freeze!
- Place ingredients from Fruit and Nutritional Boost in a freezer-safe bag and freeze.
- Add liquid when ready to make smoothie.

ALL YOU DO:

1. Pick place ingredients into the blender with suggested liquid.
2. Blend until smooth!

Hy-Vee
KIDSFIT

MIX + MATCH SMOOTHIES

| FRUIT | NUTRITIONAL BOOST | LIQUID |
|------------------------|--------------------------|--------------------------------|
| - 1/2 banana | - 1 scoop protein powder | - 6 - 8 oz water |
| - 1/2 cup berries | - 1/2 cup Greek Yogurt | - 6 - 8 oz almond or rice milk |
| - 1/2 cup cherries | - 1 tbsp nut butter | - 6 - 8 oz low fat milk |
| - 1 kiwi, peeled | - 2 tbsp ground flaxseed | - 6 - 8 oz Kefir |
| - 1/2 cup mango | - 1 tbsp chia seed | - 6 - 8 oz coconut water |
| - 1/2 apple | | |
| - 1/2 cup pineapple | | |
| - 1 clementine, peeled | | |
| PICK 2 | PICK 1-2 | PICK 1 |