

FRANKENSTEIN SMOOTHIES

ALL YOU NEED:

- 1 cup fresh baby spinach, loosely packed
- 1 cup Hy-Vee frozen unsweetened pineapple chunks
- ½ banana, cut up and frozen
- ½ cup Hy-Vee unsweetened almond milk
- ½ cup (5.3oz) container Hy-Vee plain Greek yogurt
- ½ Tbsp agave nectar
- 1/3 cup blueberries
- 1 tsp chia seeds

THINGS TO GRAB:



Blender

Clear plastic
disposable cups



Black marker
or Sharpie



ALL YOU DO:

1. Take your black marker and draw Frankenstein's face on the side of your clear plastic cup. Then draw his hair around the rim at the top of the cup. Set aside.
2. In a blender add the spinach, pineapple, banana, almond milk, Greek yogurt, water, and agave nectar. Blend until green and smooth.
3. Pour your smoothie into the plastic cup you drew Frankenstein's face and hair on. Add blueberries on top of the smoothie in an even layer to complete his hair. Then sprinkle chia seeds on top of the blueberries. ENJOY!



JOIN THE CLUB

Scan here or sign up today at Hy-VeeKidsFit.com