

Attention Parents & Caregivers:

On Thursday, December 12th, it was Smoothie Day at Sir Isaac Brock! We used a Smoothie Bike to make two kinds of smoothies. First, we blended the ingredients using a special bike and then taste-tested the smoothies to see which we liked better. The recipe is below. Please ask your child about the event and together you can talk about ways that your family can eat more vegetables and fruits everyday!

Ingredients (makes 4 servings)

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| 2 cups | plain milk or fortified soy beverage |
| 1 | banana |
| ½ cup | plain yogurt |
| 2 cups | chopped fruit (try mangoes and strawberries; blueberries and pineapples). If using frozen fruit, thaw first to make blending easier |
| 1 handful | spinach |



Instructions

1. Add all ingredients into blender and blend.
2. Serve immediately and enjoy!



If you do not have a blender, try a yogurt parfait. In a bowl, add yogurt and your favorite fruit and top with granola or seeds.

For more recipes and snack ideas check out Canada's food guide:

www.food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/