

NUTRITION



30
AMAZING
SMOOTHIE
COMBOS

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UPPER LIMITS FOR SMOOTHIE SERVINGS (LEVELS NOT TO EXCEED).

- 6-12 months - 200ml/serving
- 1yr-3 yr - 300ml/serving
- 3 yrs and above- 500ml/serving

WHAT YOU SHOULD KNOW

- Your ratio should be determined by what ingredient you want to be more prominent and also the taste you are trying to achieve. DO NOT GO OVERBOARD on things like veggies or chia seeds, it can taste like sludge really fast.
- You can use fresh or frozen ingredients
- Briefly steam leafy greens like spinach and kale before using
- If you're using a smoothie as a meal replacement, to keep your kids feeling full for long, try adding ingredients with great sources of fibre such as oats or cereals (cooked or instant)



COOLI SMOOTHIE



- Watermelon
- Strawberry
- Mint
- Lemon juice

VIT C SHOT



- Baobab sugar
- Freshly squeezed orange juice
- Pawpaw

PINEBERRY SMOOTHIE



- Pineapple
- Grapes
- Baobab sugar
- Celery



SUNSHINE SMOOTHIE

- Carrot juice
- Beetroot
- Agbalumo
- Orange juice
- Ginger



PURPLE HORIZON

- Plum
- Spirulina
- Malted bambara
- Pineapple
- Soursop



GREEN SMOOTHIE

- Mango
- Apple
- Celery
- Spirulina
- Baobab sugar



PB AND D SMOOTHIE

- Banana
- Peanut butter/Gusi butter
- Dates choco
- Yoghurt



CHIAPPLES SMOOTHIE

- Cooked oats
- Chia seeds
- Nutmix
- Apples
- Dates/honey



AGB SMOOTHIE

- Apples
- Grapes
- Baobab
- Any cooked cereal of choice

PAPAYA DELITE



- Pawpaw
- ginger
- watermelon
- coconut milk
- dates
- carrots

VEGGIE SMOOTHIE



- Purple cabbage
- Banana
- Ugu
- Avocado
- Pineapple

VBAG SMOOTHIE



- Spinach/Ugu
- Banana
- Apple
- Grapes
- Yogurt



NUTTY-OC SMOOTHIE

- Orange juice
- Carrot
- Coconut water
- Nutmix



APPLE PIE SMOOTHIE

- Apple
- Banana
- Cooked oats
- Chia seeds
- Pinch of Cinnamon
- Yoghurt
- honey/dates



TROPICAL GREEN SMOOTHIE

- Spinach/Ugu
- Pineapple chunks
- Banana
- Shredded coconut
- Chia seeds
- Milk of choice
- Honey/ Dates

STRAWBERRY OATMEAL SMOOTHIE



- Strawberries
- Banana
- Cooked oats
- Chia seeds
- Pinch of Cinnamon
- Honey/Dates
- Milk

PB GREEN SMOOTHIE



- spinach/ugu/kale
- banana
- peanut butter
- Chia seeds
- milk
- Honey/dates

PINK SMOOTHIE



- Strawberries
- Grapes
- Beet
- Banana
- Yoghurt
- Honey/dates (optional)
- Chia seeds



STRAWBERRY CHEESECAKE

- Strawberries
- Cashews/Nutmix
- Almond milk (any milk)
- Banana
- Lemon juice



BAM GREEN SMOOTHIE

- Banana
- Mango
- spinach/ugu
- Avocado
- Non-dairy milk



CITRUSY BANANA SMOOTHIE

- Orange juice
- Cooked oats/cereal of choice
- Greek yogurt
- Chia seeds
- Honey/dates
- Banana

MINTY VITY



- Carrot juice
- Strawberries/Paw paw
- Dates
- Mint
- Baobab

MANGO GREENY



- Mango
- banana
- Spirulina

MANGO CBC SMOOTHIE



- Mango
- Coconut milk
- Baobab
- Carrot Juice



COCONUT VITY

- Mango
- Coconut milk
- Strawberry
- Apple



PINE-ON-D-BEET

- Pineapple
- Beet
- Ginger



NUTTY MANGO SMOOTHIE

- Mango
- Nuts mix
- Pap/cereal of choice
- Dates



PINK VIT C

- Mango
- Strawberry
- Agbalumo



CREAMY AVO-CHOCO

- Avocado
- Spirulina
- coconut milk
- dates choco
- mango



AVO-MANGO CEREAL SMOOTHIE

- Milk
- Dates
- Cereal of choice
- Mango
- Avocado



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