



Kitchen Creations

The Blue One Smoothie

Serves 4

Ingredients

- ½ cup water
- 1 cup yogurt
- 1 cup spinach
- 2 cups frozen berries

Directions

1. Measure out ingredients
2. Place into blender
3. Cover and blend for a minute or until all ingredients are blended
4. Enjoy!

Tips for Kids

- Have your little ones help by pouring the ingredients into the blender and even measuring the ingredients out

Fun Facts

- Strawberries have 200 seeds on the outside of the fruit
- The raspberry can come in a variety of colors like red, purple, black, and yellow
- Native Americans call blueberries “star berries” because the five points of their blossoms make a star shape.
- Most blackberry plants live 15 to 20 years.

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