

SUMMERTIME FRUIT SMOOTHIES



Summer is here, and what better way is there to cool off on a hot day than with a refreshing fruit smoothie?

Smoothies are the perfect solution because they are cold, creamy and packed with flavor. Not only are they delicious, but they are also a healthy treat that can be enjoyed anytime. Whether you're lounging by the pool or taking a break from a hike — like after the scavenger hunt — a fruit smoothie is the perfect way to cool off and re-energize.

MAKING POPSICLES

If you're looking for a fun way to enjoy your fruit smoothies, or have leftovers, why not turn them into popsicles? Simply pour your smoothie mixture into popsicle molds and freeze them overnight. These popsicles are perfect for kids and adults alike and are a great way to beat the heat by having a refreshing and healthy treat to enjoy.



GETTING STARTED

The smoothies/popsicles can easily be adapted to be made with either frozen or fresh fruit, milk or water, or any way you'd like. The options are limitless!

What you need:

- Fruit
- Blender
- Water/Milk/Ice (optional)



RECIPE IDEA

- 1 cup raspberries
- 1 cup blueberries
- 1 cup pineapple
- 6 strawberries
- 1 cup water (for an extra creamy tropical texture, use coconut milk)

Time: 5 minutes
Servings: 4 cups

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