



FEATURE RECIPE

KEEN FOR THE BEAN SMOOTHIES

White beans like great northern, cannellini, white kidney or navy beans add fibre and protein to these delicious smoothie combos! Another great recipe from the Easy Peas-y Cookbook for Kids that you can serve as a smoothie, frozen pop or smoothie bowl.

Makes: Makes: 3 cups (750 mL)

Ingredients

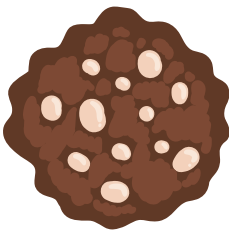
Vanilla Base

- 1/2 cup (125 mL) cooked or canned white beans, drained & rinsed
- 1/2 cup (125 mL) vanilla Greek yogurt
- 1 frozen banana
- 1 cup (250 mL) milk

Directions

1. Place beans, yogurt, frozen banana, and milk from vanilla base in a blender.
2. Choose a flavour combo and add ingredients to the blender.
3. Blend until smooth and creamy.

FLAVOUR COMBOS

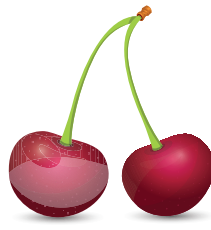


Cocoa Cookie

- 1 frozen banana
- 2 Tbsp (30 mL) peanut butter
- 2 Tbsp (30 mL) unsweetened cocoa powder
- 1/4 cup (60 mL) quick oats

Nutrients per Serving (1 cup/250 mL)

- Calories 245
- Fat 7 g
- Cholesterol 3 mg
- Carbohydrate 39 g
- Fibre 8 g
- Sugar 14 g
- Protein 12 g
- Sodium 82 mg
- Potassium 597 mg
- Iron 3 mg

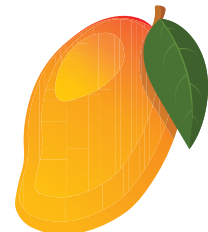


Cherry Berry

- 1/2 cup (125 mL) frozen cherries
- 1/2 cup (125 mL) frozen raspberries
- 1 handful fresh spinach
- 1 Tbsp (15 mL) chia seeds

Nutrients per Serving (1 cup/250 mL)

- Calories 162
- Fat 2 g
- Cholesterol 3 mg
- Carbohydrate 30 g
- Fibre 9 g
- Sugar 12 g
- Protein 10 g
- Sodium 45 mg
- Potassium 307 mg
- Iron 2 mg



Mango Breeze

- 1/2 cup (125 mL) frozen mango
- 1/2 cup (125 mL) frozen pineapple
- 1/4 cup unsweetened orange juice
- 1 Tbsp (15 mL) hemp seeds

Nutrients per Serving (1 cup/250 mL)

- Calories 162
- Fat 2 g
- Cholesterol 3 mg
- Carbohydrate 30 g
- Fibre 5 g
- Sugar 16 g
- Protein 10 g
- Sodium 35 mg
- Potassium 400 mg
- Iron 2 mg

YUMMY SMOOTHIES TO POWER WORK & PLAY!

