

PROJECT: GET IT DONE TOGETHER

Week 2: Smoothie Surprises with chef Amy Kayne

Adult supervision recommended. This week we are creating three different Smoothies that you can really make anytime and enjoy morning through night. Here's what you'll need for all the ingredients so you can prepare in advance. The full recipes are also copied below in case you'd like to review for potential food allergies.

Ingredients:

- 3 cups unsweetened protein almond milk
- 3 ripe bananas - can be frozen but not required
- ½ cup spinach
- 1 cup frozen mango
- 1 cup frozen blueberries
- 2 TBS peanut butter
- ¼ cup instant oats (or gluten free quick oats)
- 3 Mandarin Oranges
- 3 TBS honey
- 3 tsp vanilla
- 3 cups full fat vanilla Greek yogurt (can also use coconut or almond yogurt)

Tools Needed:

- Cutting Board
- Knife
- Spoon
- Spatula
- 2 Glasses Per Person
- 2 Straws Per Person
- Paper Towel
- Blender

Recipes:

Tropical - Mango, Banana, Spinach Smoothie | Contains dairy

Ingredients:

- 1 cup unsweetened protein almond milk
- 1 ripe banana - can be frozen but not required
- ½ cup spinach
- 1 cup frozen mango
- 1 TBS honey
- 1 tsp vanilla
- 1 cup full fat vanilla Greek yogurt (can also use coconut or almond yogurt)

Instructions: Mix all the ingredients in a blender and serve right away. Makes 2-3 servings.

PBJ Smoothie | Contains dairy and nuts

Ingredients:

- 1 cup unsweetened protein almond milk
- 1 ripe banana - can be frozen but not required
- 1 cup frozen blueberries
- 2 TBS peanut butter
- 1 TBS honey
- 1 tsp vanilla
- 1 cup full fat vanilla Greek yogurt (can also use coconut or almond yogurt)

Instructions: Mix all the ingredients in a blender and serve right away. Makes 2-3 servings.

Orange Creamsicle Smoothie | Contains dairy

Ingredients:

- 1 cup unsweetened protein almond milk
- 1 ripe banana - can be frozen but not required
- ¼ cup instant oats (or gluten free quick oats)
- 3 Mandarin oranges, juiced
- 1 TBS honey
- 1 tsp vanilla
- 1 cup full fat vanilla Greek yogurt (can also use coconut or almond yogurt)

Instructions: Add the oats to a blender and mix until it looks like powder. Then, mix all the ingredients in the blender and serve. Makes 2-3 servings. For another treat, you can freeze and make into a popsicle or in an ice cube tray.

