



Heidi Safer's *Fruit Smoothies* (KID FOOD)

YOU MAY USE ANY OF THE FOLLOWING ITEMS DEPENDING ON WHAT YOU HAVE AND WHAT YOU OR YOUR KIDS LIKE:

UNSWEETENED YOGURT

UNSWEETENED KIEFER

VANILLA SOY MILK

MILK

FLAX SEEDS*

BANANAS, FRESH

BERRIES, FRESH OR FROZEN

ANY OTHER FRUIT THAT YOU WISH TO TRY

MIX IN BLENDER. ADD LIQUID AS NEEDED UNTIL SMOOTH.

*IF YOU WANT TO ADD FLAX SEEDS, PUT INTO BLENDER FIRST, BLEND ABOUT 5-10 SECONDS, THEN ADD OTHER INGREDIENTS.

NOTE: I MAKE THIS FOR MY KIDS WHEN I NEED A QUICK MEAL
SINCE IT'S EASY TO HAVE THESE INGREDIENTS ON HAND.

