

## Cooking with Kids in the Kitchen

- □ Start children out with simple recipes that allow them to express creativity – drop cookies with candy pieces, sandwiches, pizzas and calzones, smoothies and ice cream sundaes, pancakes and muffins are good choices for introducing kids to the kitchen.
- Allow plenty of time for children to complete a recipe. It may take longer to measure and prepare.
- Be sure children are familiar with all of the tools they will be using and are well versed in kitchen safety. Teach children that washing hands always happens before one cooks.
- □ Provide tools that are comfortable for smaller hands. For children 7 and up, use size appropriate hot pads and oven mitts and be sure pots and pans are easy for a smaller person to lift.
- When children are ready to cook with recipes, read through the entire recipe with them. Go over any new or complicated steps with them to make sure they understand all of the words before they begin.
- Teach children about safe food preparation and handling rules. If they are over age 7, make sure they know how to handle hot foods, use hot pads and dull knives, and how to store cooked and raw foods.

### **What do children learn through cooking?**

- |  |                        |                      |
|--|------------------------|----------------------|
| 1. Following Directions                | 2. Simple Arithmetic   | 3. Sensory Awareness |
| 4. Vocabulary Enrichment Relationships | 5. Concept Development | 6. Cause and Effect  |
|  | 7. Cooperation         |                      |

### **GET READY:**

#### **1. Set up a convenient workspace for you and your child.**

(Or children -- I currently do cooking projects with both of my children and, yes, we have to work hard on taking turns.) If you have limited counter space, it may make sense to do the preparation on the kitchen table.

**2. Buy or borrow a stool.** If you are working on a counter, find a stool to bring your child to the level of the activity.

#### **3. Choose recipes.**

If cooking is new to your child, stick with simple, child-friendly recipes. While almost every recipe can be adapted to be of interest to small children, start with basic recipes (3-5 steps) and work your way up to more difficult ones. Choose foods that he likes to eat and will be excited to say that he helped make. Eventually, you can choose foods that are new to him in order to expand his experiences. (Children are usually more likely to try foods that they helped cook.)

### **GET SET:**

**1. If you are using a cookbook, get out the cookbook or recipe that you will be using.**

**2. Assemble the ingredients you need before calling your child.** (Mise En Place!)

**3. Call your child and show him the recipe.** Explain that if you don't know how to make something, you go to a cookbook for instructions. Children learn that books help us in many ways.

**4. Wash Hands.** Make sure your child washes his hands before any cooking activity. Let him see you wash your hands. This way he learns that cleanliness rules apply to everyone, not just to children.

### **GO!!!!!!!!!!!!**

**1. Name each ingredient as it is being used.**

**2. Let your child feel and smell the item you are using.**

**3. Let your child taste various ingredients.**

**WARNING:** Never let your child taste raw eggs, fish, poultry or meat. These items can be dangerous to your child's (and your) health. When you work with a recipe containing these ingredients, have her taste the ingredients before any of the foods listed above are added.

**4. Let your child put in as many ingredients as possible.**

**5. Let your child mix the ingredients. (Taking turns)**

**6. Let your child help you put the food into the oven, onto the stovetop or into the refrigerator.**

**7. Clean Up.** Let her see that the rule "clean up after you are finished" also applies to adults.

**8. Enjoy the fruits of your labor.**

### **Your child's own cookbook**

I find that children love having their own cookbook, with the recipes they make and pages that they decorate. You can make a cover for the cookbook. Suggest your child draw food pictures or cut them out of magazines and glue them to a cover. Take a picture with your child and one of her creations to put into the cookbook.

### **Resources:**

[The Sneaky Chef](#) by Missy Chase Lapine

[Favorite Family Meals](#) by Annabel Karmel

[The Penny Whistle Lunch Box Book](#) by Meredith Brokaw & Annie Gilbar

[The Whole Family Cookbook: Two-Tiered Meals to Please Both Parents and Kids](#) by Kristen Fortier

[Feed Me! I'm Yours](#) by Vicki Lansky

[Feeding Your Child for Lifelong Health](#) by Susan Roberts & Melvin Heyman

[Child of Mine: Feeding with Love and Good Sense](#) by Ellyn Satter

[How to Get Your Kids to Eat...but Not Too Much](#) by Ellyn Satter

[The Yale Guide to Children's Nutrition](#) by William Tamborlane, editor

### **Quispy Baked Vegetables**

Make a fun snack or your own favorite fries when you use cauliflower, broccoli, green beans and carrots coated in shake bake mix and browned in the oven. Totally yummy dipped in ranch dressing!

#### **Ingredients:**

2 cups cauliflower, broccoli, carrots, sweet potatoes cut into fry shapes

1 egg

1/4 cup low fat milk

1 T canola oil

1 package breading Mix (Shake & Bake works)

2 T Parmesan Cheese

#### **Directions:**

1. Preheat Oven to 450 degrees. Spray cookie sheet with non-stick cooking oil.

2. Cut up cauliflower and broccoli into florets and carrots into 1/4 inch strips.

3. Beat egg, milk and oil with a fork in a shallow dish. Place breading mix into a separate dish.
4. Dip vegetables into egg mixture, then into breading mix, coating well. Place on cookie sheet. Repeat until all vegetables are coated. Bake 5 minutes.
5. Remove pan from oven and turn vegetables with tongs or spatula. Return vegetables to oven and bake for another 5 minutes until vegetables are crisp and tender and coating is golden brown. Remove and sprinkle with Parmesan cheese.

### **Apple/Zucchini Oat Muffins – Easy way to hide lots of veggies**

2 C shredded Apple and/or Zucchini  
 1 1/2 C flour            1/2 t cinnamon  
 1 C quick-cooking oats            1/4 C milk  
 1/2 C packed brown sugar            2 T vegetable oil  
 1 1/2 t baking powder            1 t vanilla  
 1/2 t baking soda            1 C plain yogurt  
 1/2 t salt            1 egg

1. Preheat oven to 400.
2. Place apple and zucchini on paper towels; squeeze until barely moist. Combine flour with next 6 ingredients in a medium bowl; stir with a whisk. Make a well in center of mixture. Combine milk, oil, vanilla, yogurt, and egg; stir well with a whisk. Add to flour mixture, stirring just until moist. Stir in apple.
3. Spoon batter into 12 muffins cups coated with cooking spray—they should be filled to the top. Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately, place on a wire rack.

### **Pumpkin Pie Bread**

24 servings

1 1/2 cups all-purpose flour  
 2 cups whole wheat flour  
 2 teaspoons baking soda  
 1 teaspoon baking powder  
 3 teaspoons pumpkin pie spice  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 1 teaspoon salt  
 1 teaspoon vanilla  
 2 cups white sugar – I'm working on reducing this even more using Stevia, but it's not perfect yet  
 1/2 cup brown sugar  
 1/2 cup oil  
 1/2 unsweetened applesauce  
 4 eggs  
 1 (15 ounce) can pumpkin puree  
 1/2 cup water

### **DIRECTIONS:**

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans. Sift together the flour, baking soda, baking powder, salt, and spices. Set aside.
2. In a large bowl, beat together sugar, oil, eggs, applesauce and pumpkin. Stir in flour mixture alternately with water. Divide batter evenly between the prepared pans.

3. Bake in the preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center comes out clean. To keep from over browning, cover the bread with foil. For best flavor, store wrapped in plastic wrap at room temperature for a full day before serving.

This makes great muffins and mini muffins too! Just reduce the baking time.

### **Mirielle's Chard Patties**

1 bunch of chard (any color), chop small, microwave 5 minutes with a tsp of water, drain  
2 eggs, beaten  
1/2 c. bread crumbs  
Seasoning (salt, pepper, garlic salt)

Mix all ingredients in a bowl. Make patties. Fry in a medium to medium high sauté pan with olive oil until golden brown.

### **Sweet Potato Casserole**

4 organic Jewel yams (red inside), steamed or boiled until soft, drain \*\*\*ORGANIC  
1 can pears, ORGANIC peaches or apricots in their own juice  
1-2 Tbs. Brown sugar  
1 Tbs. Butter

In a casserole dish, mix yams with fruit. Top with brown sugar and dollops of butter. Bake at 350 degrees for 20 minutes.

### **Baked Fries**

5 organic ORGANIC baking potatoes or sweet potatoes  
1/8 canola oil  
Salt to taste

Preheat oven to 400 degrees. Scrub the potatoes (peel sweet potatoes) and cut to resemble fries. Blot dry. In a large bowl, toss the potatoes with the oil, using enough oil to coat all of the fries. Spread them on a nonstick baking sheet (light colored). Sprinkle with salt; bake about 35-40 minutes or until crispy. Turn occasionally.

### **Delicious Dip**

Mix together:  
1/4 c. cottage cheese  
2 Tbs. Grated cheddar cheese  
Add:  
1/4 tsp. Dill weed  
1/2 tsp. Worcestershire sauce  
1/4 tsp salt

Mash with a fork. Enjoy with your favorite colorful vegetables!

### **Apple Smiles**

1 red medium apple, cored and sliced  
Organic peanut butter or sunflower nut butter  
Raisins/cut up dried fruit

Spread one side of each apple slice with peanut butter or soy nut butter. Place 3 or 4 fruit pieces on top of the peanut butter on one apple slice. Top with another apple slice, peanut butter side down.

### **Three-Fruit Pops**

- 1/2 cup orange juice
- 1 red medium apple, quartered and cored
- 1 medium orange, peeled and sectioned
- 1 small banana, peeled and cut up
- 6 wooden sticks

In a blender, combine OJ, apple, orange and banana. Cover and blend until smooth. Pour into six 3 oz paper cups. To add protein to this, add 2 oz silken tofu to the blender. To add calcium, add 1/2 cup vanilla yogurt. Cover each cup with foil. Mark a small hole in the foil with a knife. Insert wooden stick and freeze 4-6 hours.

### **Strawberries with Fruit Dipping Sauce**

- 1 cup fresh raspberries
- 1 cup low-fat cottage cheese
- 1/2 cup part-skim ricotta cheese
- 2 tablespoons nonfat evaporated milk
- 2 teaspoons almond extract
- 12 fresh strawberries

Place the raspberries in the blender. Pour the puree in a bowl. Blend in cottage cheese, ricotta cheese, milk, and almond extract by hand and mix well. Place the dip in a pretty bowl and chill for 2 hours. Serve the dip surrounded by the strawberries.

### **Turkey Nuggets Recipe**

SERVES 6, 12 -18 large nuggets

- 1 lb ground turkey
- 2 eggs
- 1 teaspoon Worcestershire sauce
- 1/4-1/3 cup minced onion (you can grate it too if your toddler "finds" onion pieces)
- 1 tablespoon chopped fresh parsley
- 1-2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1-1 1/2 cup panko or dry breadcrumbs
- 1/4 cup vegetable oil (for stovetop frying)

Mix the turkey with one of the eggs, the Worcestershire sauce, onion, parsley, salt, pepper and 3/4 cup of the panko breadcrumbs.

Beat the egg in a shallow bowl or dish. Set aside.

Put the remainder of the panko in a shallow dish. Set aside.

Form the turkey mixture into your desired shape. You don't want them too big or thick; you want them to be cooked inside before the outside gets too brown.

Dip the turkey nuggets into the egg, then roll in the panko crumbs.

Fry over medium heat in the oil. Use just as much as you think you need, they don't need to swim in it! As they brown turn them, so they get nice and crispy all over.

Cool slightly on a paper towel before serving to your kids -- with ketchup!

### **Magic Meatballs** courtesy of [The Sneaky Chef](#)

Makes 42 small meatballs

There's no mystery about the health benefits of these perfectly "normal" looking and tasting meatballs. Yet unlike those at the Italian restaurant, these meatballs are loaded with whole grains and greens. Thanks to a little help from a preschool color wheel, I found that the green disappears into the color of meaty brown when mixed well with the tomato paste. My kids love to eat these off toothpicks

or smothered in red sauce on top of their favorite spaghetti. The extras save well for months in the freezer packed in a sealed plastic bag. You can gradually work up to larger amounts of sneaky puree.

6 to 8 tablespoons Green Puree (See Make-Ahead Recipe #3 below)  
2 tablespoons tomato paste  
1 teaspoon salt  
1/4 cup wheat germ, unsweetened  
1 large egg, beaten  
1 pound lean ground beef or turkey  
1/2 cup extra virgin olive oil, for browning meatballs

In a large bowl, combine the Green Puree and tomato paste, mixing well (with the back of a fork) until the green color turns brownish. Mix in salt, wheat germ, and egg, and finally add the ground meat and mix with hands until well combined. Using damp hands, pinch off about 2 teaspoons of meat and gently shape mixture into mini meatballs.

Sneaky tip: Mini one-bite meatballs work better than larger ones for hiding purees.

(Below are 2 ways to cook the meatballs, depending on how much time you have. You will definitely get out of the kitchen quicker with the oven-baked method, and the result is nearly as good as the pan frying.)

Brown-in-pan method:

Heat 2 tablespoons of oil in a large (10 inch or 12 inch) nonstick skillet over moderately high heat, until hot but not smoking. Add meatballs in four batches to avoid overcrowding the pan. Allow to brown on all sides for about 5 minutes, turning occasionally with the help of 2 teaspoons. Reduce heat to low and cook through for another 10 minutes. Transfer to a plate and add more oil as needed for the next batch. Serve with toothpicks as “cocktail” meatballs, dropped in almost any soup, or smothered in pasta sauce over spaghetti.

Oven-baked method:

Preheat oven to 350 degrees. Brush a large cookie sheet with 2 tablespoons of oil, gently place meatballs on sheet, and bake for 10 minutes. Using a spatula to loosen, turn the meatballs over to brown on the other side, then return to oven for another 10 minutes. Serve with toothpicks as “cocktail” meatballs, dropped in almost any soup, or smothered in pasta sauce over spaghetti.

Sneaky Chef Make-Ahead Recipe #3: Green Puree

1 cup sweet green peas, frozen  
2 cups raw baby spinach leaves (or 1 cup frozen chopped spinach, or frozen chopped collard greens)  
2 cups broccoli florets, fresh or frozen  
2 to 3 tablespoons water

If using raw spinach, thoroughly wash it, even if the package says “prewashed.” Using a vegetable steamer, steam broccoli in 2 inches of water in a tightly covered pot for about 10 minutes until very tender. Add the frozen peas and raw or frozen spinach (or collards) to the steamer basket for the last five minutes of steaming.

Once cooked, drain the broccoli, spinach, and peas and place them in the bowl of your food processor along with 2 tablespoons of water. Puree on high until as smooth as possible. Stop occasionally and push contents from the top to the bottom. If necessary, add the third tablespoon of water to make a smoother puree.

Makes about 2 cups of puree. Double this recipe if you want to store an extra cup. Store in refrigerator up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or small plastic containers.

### **Spinach Brownies Recipe**

24- 36 small brownies

No one will be able to guess what healthy ingredient these brownies have in them! This recipe is from Parents magazine.

1¼ hours | 25 min prep

3 large eggs

21 ounces brownie mix, family sized box

10 ounces frozen chopped spinach, thawed

1/4 cup vegetable oil

1/3 cup carrot juice

1 tablespoon milk

Heat oven to 350 degrees.

Line a 9"x13" pan with parchment paper or spray with cooking spray.

Squeeze out the liquid from the spinach.

Place spinach, vegetable oil, milk and carrot juice in a blender and puree until smooth.

In a large bowl, combine the brownie mix, 3 eggs, and the spinach mixture until well blended.

Spread batter into pan and bake 40 minutes.

### **Wonderful Protein Dense Brownies**

12-16 servings

At first this recipe seems odd, and for some not the least bit appetizing. But these chocolaty goodies have been making my kids smile time and time again. I have served them to friends and family without telling them exactly what they are eating and have never received a complaint. If you are feeling adventurous give these a try!

Ingredients:

1 can black beans, drained and rinsed

3 eggs

3 tablespoons oil

4 tablespoons cocoa powder

1 teaspoon vanilla

3/4 cup sugar

A pinch salt

These are just the basic ingredients; feel free to change them up to meet your dietary standards.

Vegans might enjoy replacing the eggs with bananas to maintain texture. I use organic and natural ingredients when possible.

Instructions:

Preheat oven to 350\* F.

Pour drained beans into a blender, set on puree and blend until smooth. Add in the rest of the ingredients and continue blending until evenly mixed.

Pour bean mixture into a greased 8 by 8 pan. Bake in oven for 30 minutes, or until toothpick placed in the center comes out clean.

Let them cool and enjoy. These chocolaty brownies are so yummy you would never guess that they also have the goodness of beans baked right into them. Go on and try a batch for yourself and let me know what you think.

### **Breakfast Cookies**

**Serves:** 12 cookies, serving size 1 cookie

Ingredients

3/4 cup whole-wheat pastry flour

1/2 cup all-purpose flour

1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon salt  
2 tablespoons unsalted butter  
1/4 cup canola oil  
1/4 cup dark brown sugar  
3 tablespoons granulated sugar  
1 egg  
1/4 cup (1 small jar) strained carrot baby food  
1 teaspoon vanilla extract  
1/2 cup rolled oats  
1/2 cup bran cereal flakes  
1/3 cup raisins  
1/3 cup walnut pieces, lightly toasted in a dry skillet for 2 minutes, until fragrant and chopped

### **Directions**

Place rack in center of oven and preheat oven to 350 degrees F.

Whisk together flours, baking soda, cinnamon, nutmeg and salt in a medium-sized bowl. Combine butter, oil and sugars in the bowl of a stand mixer and mix on high speed, scraping down sides if necessary, until sugars have dissolved and mixture is light in color, about 1 minute. Add egg, carrot puree and vanilla and beat an additional 30 seconds. Add flour mixture and beat an additional 30 seconds. Add oats, flakes, raisins and walnuts and mix over low speed just until incorporated. Dough will be slightly sticky and less cohesive than traditional cookie dough. Line a large cookie sheet with parchment paper. Using between 3 to 4 tablespoons of batter, form a ball and place on cookie sheet. Repeat with remaining batter, leaving about 3 inches between cookies. Wet hands and use palm of hand to flatten cookies until about 1/4-inch thick. Bake for 12 minutes, until cookies are fragrant but still soft. Let cookies cool slightly, then transfer to a wire rack to cool completely.

### **Orange scones**

☐ Servings: 18 perfect-for-little-fingers scones ☐

No: : gluten (if using gluten-free oats), nuts, dairy (optional)

1 orange, washed, quartered, & seeds removed  
1/2 cup maple syrup or agave nectar  
2 eggs, room temperature  
1 Tbs. vanilla  
1 heaping Tbs. cinnamon  
1/4 cup melted ghee, butter, or coconut oil  
2-4 packets OR 1 to 1 1/2 tsp. stevia  
2 cups dry, old-fashioned rolled oats  
1 1/2 tsp. baking powder  
1/4 tsp. sea salt  
1 heaping tsp. xanthan gum

### **how to make them**

Preheat oven 350° F.

Place the orange pieces in the food processor. And I do mean every part of the orange: just cut in quarters with the skin on! Pulse the orange until it's pretty smooth. Now add the remaining wet

ingredients, and mix until you have a smooth batter. Place all the dry ingredients in a separate bowl, and whisk thoroughly. Now, pour the wet ingredients into the bowl with the dry ingredients.. Mix thoroughly in just a few strokes, and don't worry if it looks a little too liquidy, the oats will drink up the wet stuff while you put parchment paper on your baking sheet, which you can do right now. Now, just plop by big spoons full onto a prepared baking sheet. I like to make them bigger than "normal" cookies, but smaller than normal scones. Bake for about 35 minutes (the time will depend on the size of the scones).

### **helping hands**

Kids love plopping the scone batter on the baking sheet. Encourage different shapes and sizes so the kids will feel "ownership" over the product (and be more inclined to eat it!)

Using the entire orange means you're getting a lot more antioxidants. Researchers in Arizona have even shown that increased intake of orange peel can help prevent skin cancer!

These are much more moist than most scones, so they don't create the crumbly mess.

If you make a double batch, freeze some for later as soon as you can—otherwise, you'll eat them ALL!

Gluten-free oats may make this recipe appropriate for those with celiac disease.

### What We Love About Smoothies

They taste as bright and pretty as they look.

They're a great way to sneak more fiber and antioxidants into your kids. (But all they'll care about is the taste.)

They don't require a lot of fussy ingredients and they give new life to overripe fruit.

They can be easily tailored to suit individual needs.

Even kids with dairy allergies can enjoy fabulous fruit or vegetable smoothies.

They're a great DIY snack for older kids; younger operators will require adult supervision.

Left over smoothie can be made into popsicles!

### **Tips for Smoothie Success**

Some smoothie recipes call for ice cubes; try frozen fruit instead.

Peel and cut up bananas into 1-inch pieces prior to freezing.

To freeze fresh berries, spread a single layer on a jellyroll pan, freeze the fruit, and store in resealable freezer bags.

Add yogurt, milk, flax seeds, silken tofu, wheat germ, or protein powder to the blender for an extra hit of nutrition.

If a smoothie recipe calls for sugar, try it first without the added sweetener. You really might not need it, depending upon the natural sweetness of the fruit.

Take a second to rinse out the blender right after you use it, even if you're planning to wash it later; dried-on fruit makes for slow clean-up

### **Spinach Banana Smoothie Recipe**

SERVES 2 -4

This does turn out green but you can use other fruit, such as blueberries to mask the color.

4 cups raw baby spinach

Vanilla yogurt, 1 serving (1 plain yogurt plus 1 tsp. vanilla and 1 tsp. agave or honey)

1 ripe banana (You can also freeze this to make it icier.)

Water

Place 4 cups of spinach into a blender. Pour yogurt over the spinach. Slice the banana and put that into the blender, too. Blend for about 1-2 minutes. If the mixture seems too thick to blend, add water accordingly! If you are looking to add milk to your, or your child's diet, you can add milk instead.

**Blueberry Blast Smoothie** Serves: 1 serving, about 2 cups

## **Ingredients**

- 1/2 cup nonfat or 1 percent lowfat milk
- 1/2 cup non fat plain yogurt
- 1 cup frozen blueberries (unsweetened)
- 1 teaspoon honey

## **Directions**

Put all ingredients into a blender and blend until smooth.

## **SCHOOL-ADE: A BREAKFAST-ON-THE-RUN SMOOTHIE**

Here is a Sears family recipe for a smoothie we give our children and ourselves for a quick and nutritious breakfast as they are hurrying off to school and we are rushing off to work.\*

- 3 cups milk or soy beverage
- 1 1/2 cups plain nonfat yogurt
- 1-2 servings Juice Plus+® Complete or similar multinutrient supplement
- one banana
- 1 cup frozen blueberries
- 1/2 cup each of your favorite fruit, frozen (e.g., organic strawberries, papaya, mango)
- 2 tbsp. flax oil or 1/2 cup flaxseed meal
- 4 ounces tofu
- 2 tbsp. peanut butter (optional)
- 1 tbsp. cinnamon
- 1/2 avocado

Combine all the ingredients and blend until smooth. Serve immediately after blending while the mixture still has a bubbly milkshake-like consistency.

We formulated this recipe based on the principle of "synergy." The nutrients consumed together enhance each other's benefits, so the whole nutritional effect is greater than the sum of its parts. I have prescribed this recipe for several hundred school-children and their parents, and we drink it ourselves four to five mornings a week. It's a powerful performance booster for working parents and school-children.

Because fiber steadies the absorption of carbohydrates and therefore contributes to a steadier blood sugar, we suggest using rich sources of fiber, such as flaxseed meal (i.e. ground flax seeds, containing both the oil and fiber), although flax oil has a more palatable consistency than flaxseed meal. For additional fiber, if you don't mind a grainier texture, add 1 tbsp. or more of oat bran. This family-size recipe makes four 16-ounce servings (approximately 550 calories per serving). Adjust the recipe to the desired taste and volume. Besides being tasty, it's nutritionally balanced, with each serving containing approximately 25 to 30 grams of protein, 55 to 60 grams of carbohydrates, 8 to 16 grams of fat (mostly healthy omega 3's), and 5 to 10 grams of fiber. Enjoy!

## **SCHOOL-ADE QUICK**

- 2 cups of milk or soy or rice beverage, or 1 cup milk and 1 cup yogurt
  - 1 serving Juice Plus+® Complete
  - 2 tsp. flax oil
  - 1 small frozen banana, cut up
  - 1/2 cup each of your favorite fruit, frozen (e.g., blueberries strawberries, papaya)
  - 2 ice cubes if fruit is not frozen or if you want a lighter taste
- Makes one 20-ounce serving. (approximately 550 calories).