

Plant Part Power Smoothie Recipe

This master recipe is based on a class rotation serving 8 students. Adjust quantities to suit your family and taste. As a general rule, use these proportions for smoothies:

1/3 liquid 1/3 fruit 1/3 veggies

Add seeds or nuts for protein. Add ice instead of water for an extra cold treat.

Try any combinations you can think of in this easy, delicious, nutritious, local meal-to-go!

- 1 cup frozen or fresh local blueberries
- 1 1/3 cup frozen or fresh local strawberries
- 1/2 cup carrot juice (whole carrot is too tough for most blenders)
- 2 cups local water
- 2 local apples, roughly chopped (or 1 apple + 1 pear)
- 1/2 cup local yogurt
- 1 cup packed & chopped local spinach or local kale (baby kale leaves are more tender for blending)
- 1 Tbsp. local sunflower seeds
- 1 Tbsp. local pumpkin seeds
- 2 Tbsp. local honey (optional, if fruit is not sweet enough)