



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY RECIPES

As the weather warms up, smoothies are a great option for a healthy snack that's fun to make and you get creative with the ingredients! Ms. Liz from the Armbrust YMCA makes these smoothies her kid's cooking classes.

Green Smoothies!

- 1 cup spinach (loosely measured)
- 1 banana
- 1/4 cup plain Greek yogurt
- * 1/2 cup ice OR 1/4 cup water*
If no ice: add small amounts of water until desired thinness

Blend all ingredients until smooth.

Greek Yogurt Smoothies!

- 1 banana
- 1 cup strawberries (fresh or frozen - I prefer frozen - makes it extra cold and adds thickness)
- 1/2 cup yogurt
- 1 tsp honey

Blend all ingredients until smooth.

