

Avocado Green Smoothie for Baby, Toddler and Kids

Recipe adapted from: <https://babyfoode.com/blog/avocado-green-smoothie-for-baby-toddler/>

Ingredients:

- 1 ripe banana
- 1/2 avocado
- 1/2 cup spinach, packed
- 1/2 cup whole milk plain yogurt, use plant based yogurt for dairy free
- 6-8 ice cubes (or 1 cup frozen fruit)
- 1.33 cup liquid, (regular, almond, coconut, water, breast milk, prepared formula, etc)
- pinch of chia seeds (optional)

Directions:

- 1) Add all ingredients to blender
- 2) Blend on high for 1-2 minutes, scraping down sides if needed, until smoothie is completely smooth and creamy. The smoothie should be on the thinner side so it's easier for baby to drink from a straw.
- 3) Pour smoothie into a sippy cup or open cup with straw and serve.

Age: 9 months and up

Makes: 2, 4-5 oz servings

Storage: Can save in the refrigerator for up to 24 hours. Ingredients will separate, so shake before serving.

***If serving to an infant under 12 months old, please continue offering breast milk or formula as main source of nutrition.**



Healthy TIPS

Babies and toddlers need fat for growth development. Avocado, whole milk Greek yogurt and coconut milk are excellent sources of fat. Chia seeds offer a unique fat called omega 3's. These are also great for brain development.