

Butternut Squash Strawberry Smoothie for Baby, Toddler and Kids

Recipe adapted from: <https://www.runningtothekitchen.com/butternut-squash-smoothie/>

Ingredients:

- 1 cup cooked and pureed butternut squash (canned or homemade)
- 1 cup frozen strawberries
- 1/2 cup frozen mango
- 1-2 pitted dates
- 1/2 tsp vanilla extract
- 1 cup milk (cow's milk, 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. Add water if consistence is too thick.
- 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

Dates and coconut milk are high in fiber and can help alleviate constipation in babies, toddler and children. Dates are also high in iron and when paired with the vitamin C from the strawberries and mango, your child will absorb this iron better.