

# Choose to Boost Veggies & Fruit



## Smoothies to boost veggies & fruit!

### 1 Choose your base liquid:

Add 1 cup of liquid to your blender. If you like a thinner smoothie, add 1.5 – 2 cups.

Choose from:

- Water
- Skim, 1%, or 2% milk
- Unsweetened fortified soy beverage

### 2 Choose your veggies & fruit:

Add ½ cup veggies and ½ cup fruit to your blender. You can use fresh or frozen.

Try new-to-you veggies and fruit and mix them up!

#### Veggies to try

- Spinach
- Kale
- Cucumber slices
- Cauliflower florets
- Shredded zucchini
- Shredded carrots

#### Fruit to try

- Strawberries
- Mango
- Banana
- Pineapple
- Raspberries
- Blueberries

### 3 Choose your extras:

Try adding in some healthy add-ins.

Some options are:

- ½ cup plain Greek or regular yogurt
- 1 tablespoon nut butter
- ½ teaspoon cinnamon or other spice
- Ice cubes

### 4 Blend it up and enjoy!



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## Food Safety Tips

- Before getting started, wash your hands (with warm, soapy water); sanitize counter tops and utensils
- Wash your fruit and vegetables by running them under safe water before adding them to your smoothie
- If you are using water as the liquid in your smoothie, be sure to use safe drinking water
- Remember to wash and sanitize your blender after using it; make sure to take apart all of the pieces
- If you have leftover smoothies, store them at 4°C or lower in a sealed container

**Choose veggies and fruit that are grown locally when possible!**



Go to [hkcc.middlesex.ca](https://hkcc.middlesex.ca)  
and click on the Choose Veggies and Fruit tab for more information!

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The Healthy Kids Community Challenge unites communities with a common goal of promoting children's health through physical activity and healthy eating.

*Adapted with permission from the Leeds, Grenville & Lanark District Health Unit.*

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