

Tummy Loving Smoothie

Rating: ★★★★★

Dietary: VEG, GF, EF, NF
Allergens: Dairy
Age group: 8 months+
Mealtime: Afternoon tea
Difficulty level: Beginner



Serves: 8
Prep: 10 mins

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Tummy Loving Smoothie

Equipment

High-speed blender

Ingredients

- 1 ripe banana (220g), peeled and frozen
- 1/2 ripe avocado (70g), peeled and pitted
- 1 cup (40g) baby spinach, rinsed
- 1 tbsp (16g) chia seed meal
- 1/3 cup (85g) natural yoghurt
- 2 ¾ cups (680ml) milk of choice
- 60g dried apricots, sulphur-free



Vegetarian



Gluten Free



Egg Free



Nut Free

Method

1. Place all ingredients into a blender and blend until smooth and creamy.
2. Serve in small cups.

Mandy's tips and tricks: This creamy and delicious smoothie can help ease constipation due to its high fibre content found in chia seeds, spinach and banana. In addition, natural yoghurt contains beneficial bacteria to support gut health. Freeze this tummy-loving smoothie into popsicle moulds for an afternoon cool down on a hot Summer's day.

Storing leftovers: Store covered in the fridge for up to 2 days or freeze in popsicle moulds for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Swap yoghurt for coconut yoghurt and milk for coconut, oat or soy milk.
- ✓ **Easy ingredient swaps:** Swap spinach for greens of choice. Swap yoghurt for kefir.
- ✓ **Additional boosters:** Add 2 tsp of hemp seeds.
- ✓ **For fussy eaters:** Freeze smoothie into ice cube trays or popsicle moulds.