

## American Smoothie

If you're looking for a healthy alternative to the sugary soda often found at many 4th of July barbecues, this year why not turn part of your kitchen into a Red, White and Blueberry Smoothie Bar? Kids will enjoy both making and drinking these fresh and fabulous smoothies. Set up the bar with the ingredients listed below, with plenty of ice and cups nearby. Take these three recipes and print them out for guests to make at the bar. You can even have "topping" bowls, with everything from shredded coconut to flax seed.

### What You Need:

- Blender
- Ice
- Pineapple juice
- Orange juice
- Vanilla low-fat yogurt
- Fresh blueberries
- Fresh raspberries
- Frozen strawberries
- Frozen pineapple bits
- Sugar
- One small banana, cut into chunks



### What You Do:

1. **Red (Raspberry and Strawberry Smoothie):** The raspberries make for one tart smoothie! Place 1/2 cup each of ice, strawberries, frozen raspberries, vanilla yogurt and orange juice in the blender and blend to desired consistency. If you prefer a sweeter smoothie, replace the fresh raspberries with fresh strawberries (in addition to the frozen ones) or simply add a little sugar to taste. Place all of the ingredients in the blender and blend to the desired consistency.
2. **White (Pineapple and Banana Smoothie):** A very refreshing and tropical twist on a classic smoothie. Place a 1/2cup each of ice, frozen pineapple, vanilla yogurt, and pineapple juice in the blender. Add one small banana and blend to desired consistency.
3. **Blue (Blueberry and Banana Smoothie):** A classic smoothie combo. Place a 1/2 cup of ice, 3/4 cup of blueberries, 1 small banana, 1/2 cup of yogurt and 1/2 cup of orange juice in the blender and blend to desired consistency. Sprinkle flax seed on top for even more nutritional benefits.

This smoothie bar is a great way to put a twist on the everyday 4th of July get-together, but these recipes are sure to be a crowd-pleaser no matter what the occasion! They also make for a quick and nutritious breakfast perfect for you or your child whenever you're on the go!