

Starter Green Smoothie

The recipe is from the "**Let's Try New Foods**" cookbook by Sally from realmomnutrition.com. I have found that toddlers have a hard time chewing greens. Blending them up in a smoothie makes them easier to swallow. If you haven't tried a green smoothie before, this is a good place to start. Toddlers who are introduced to green smoothies won't know that smoothies could be any other color!

Makes: 2 smoothies

Takes: 5 minutes

Ingredients

1/2 cup cold water

1 medium banana

1 cup pineapple, canned

1/4 cup pineapple juice (use the juice from the canned pineapple)

1 cup packed fresh baby spinach

Directions

1. Put all ingredients in a blender and blend on high until everything is pureed.

High speed blenders work best for this. If you do not have a high speed blender (like a ninja or vitamix) you might want to blend the spinach, water and juice first until the spinach is pureed. Before I had a high speed blender, I found that blending the greens in liquid before adding the banana and pineapple worked best.

2. Serve this right away. If you wait, the smoothie will separate.