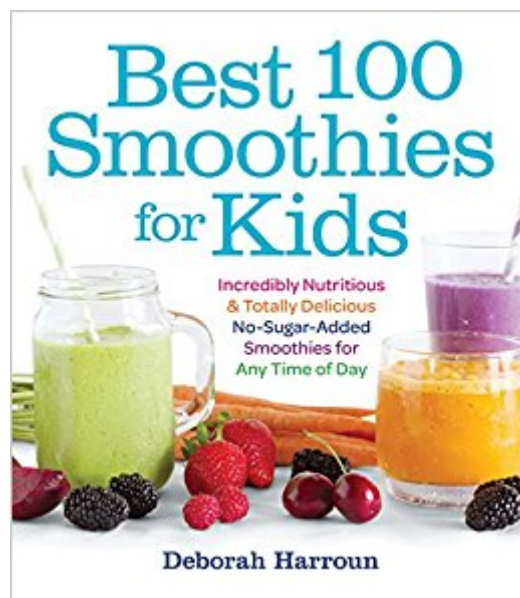




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# Best 100 Smoothies For Kids: Incredibly Nutritious And Totally Delicious No-Sugar-Added Smoothies For Any Time Of Day



## Synopsis

We all know how important it is to give our kids a healthy, balanced diet. But how best to make sure they are getting all the vitamins and nutrients they need when fruits and vegetables are some of the least favorite items on their plate? Popular food writer, blogger and mother of three Deborah Harroun has the answer in 100 delightfully flavorful and nutritious recipes for kid-friendly smoothies. Her newest cookbook, *BEST 100 SMOOTHIES FOR KIDS* offers up kid-test and kid-approved recipes that are sure to please everyone in the family. The book includes recipes for fruit- and vegetable-based juices, as well as a variety that combine fruits and veggies or get their flavor and nutrients from things other than produce. The chapters include Breakfast Smoothies, Lunch and Lunchbox Smoothies, Snacktime Smoothies, Smoothies for Dinner, and Dessert Smoothies. Two special chapters cover Holiday Smoothies, such as pumpkin-flavored smoothies for Thanksgiving or Christmas, and Bedtime Smoothies, made with tryptophan-rich milk bases and with soothing ingredients like chamomile, cinnamon, vanilla, and lemon. What's better than a well-fed and happy child who falls asleep easily after a busy day? Harroun also provides a variety of different options for creating the perfect smoothie, with recipes that include milk- and yogurt-based smoothies as well as dairy-free options made from juice, water, rice milk, almond milk, and soy milk. There are even numerous gluten-free and vegan options as well. Harroun serves up a hundred bright and colorful, healthy and satisfying drinks in this new four-color and photo-rich cookbook. The emphasis throughout is on providing a wide range of flavors, colors, and nutrients, guaranteed to broaden the horizons of any child who thinks carrots or apples are the only acceptable items from the supermarket's produce section. Parents - and doctors and dentists - can take heart in the fact that Harroun uses no processed or white sugar for sweetening her smoothies. With all these options for creating inspired smoothies, parents no longer have to worry about making sure their children are getting all the nutrition they need. The only challenge is figuring out which of these delicious recipes to try first!

## Book Information

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## Customer Reviews

[View larger](#) Strawberry Oats Coconut Chia Smoothie from Best 100 Smoothies for Kids Makes 4 (8-Ounce) Servings Oats are a great addition to a morning smoothie, as they keep the kids full for longer. Some people swear by grinding the oats beforehand so that they will blend in better, but I don't usually have the time to take that extra step, and for the most part my kids don't mind the extra texture. But if texture is an issue with your kids, run the oats in your blender until they are powdery before adding the other ingredients. Directions 1. Pour the coconut milk into a blender. Add the strawberries, oats, chia seeds, and sweetener. 2. Blend until smooth. Serve immediately. Note: Coconut Milk Beverage I use the coconut milk beverage that's sold in shelf-stable boxes •not full-fat, canned coconut milk. The coconut milk beverage is thinner and easier to incorporate into a smoothie than the canned coconut milk. Coconut milk is lower in protein and calcium than cow's milk, but it is also lower in calories. It does have a light coconut flavor that will be recognizable in some smoothies, so keep that in mind if you are substituting it for cow's milk. Read the label to make sure that the product contains only coconut milk and filtered water. Do not substitute coconut water for coconut milk beverage in the smoothie recipes. Recipe copyright 2015 by Deborah Harroun and used by permission of The Harvard Common Press. Ingredients 2 cups coconut milk beverage (see note below) 2 cups frozen strawberries 1 cup old-fashioned oats 1/4 cup chia seeds 1 tablespoon agave syrup or honey

Deborah Harroun is the cook, writer, and photographer behind the popular blog Taste and Tell, which she started in 2007. Her recipes and writing have been featured in print in Every Day with Rachael Ray magazine and online at The Kitchn, Huffington Post, Babble, and the websites of Bon Appetit and the Salt Lake City Deseret News. She has written two books: Best 100 Smoothies for Kids and The Red Velvet Lover's Cookbook. She appears frequently as a cooking expert on local television in Salt Lake City, where she lives with her husband and three children.

This book makes a great gift. Kids love it and parents love it too. I have given away more than twenty books . The pictures are colorful and appetizing. Beside creating delicious smoothies the recipes are easy to read and encourage healthy eating. Kids are also encouraged to learn fractions. No sugar is added to any of the recipes. Get your blender ready.

Everything I've made has been yummy, however have learned that the under ripe bananas some recipes call for is too "green banana" tasting for my family, so I just substitute ripe bananas in those recipes. Lots of variety to get fruits and veggies in kids!

Good recipes and pictures. Gave me some smoothie ideas that I would never have thought of. Even some recipes I just want to try for myself. My son has loved all the ones I have tried so far.

Excellent book, we all like the smoothies.

This is the BEST smoothie book. The recipes have so much variety and every one we've made has been super tasty. Great for filling up hungry boys.

Purchased this for my grandson who is five. We have had a great time going through this book making smoothies. Drinking healthy can be fun.

Love this book, the recipes are perfect and my kids love to help me decide what smoothie to make. Great book!

My grandkids are going to get a kick out of this...So many great and simple ideas..

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