In this booklet, you’ll find recipes for healthy beverages. Water is always the best choice, but the following recipes are proof that your beverage can be both healthy and delicious.
FLAVORED WATER

To add a little flavor to your water, try using fresh or frozen fruit, or herbs. For the herbs, crush or chop them up to get the best flavor. Similarly, squeeze citrus wedges, slice or cube melons, and crush berries.

Mix up ingredients to create your own unique flavor! To get you started, here some flavored water ideas courtesy of Kitchen Adventure.

1. Watermelon
2. Cucumber
3. Lemon
4. Cantaloupe
5. Orange
6. Cherries
7. Lime
8. Grapefruit
9. Basil
10. Mint
11. Grapes
12. Blood orange
13. Rosemary
14. Lavender
15. Strawberries
16. Blackberries
17. Raspberries
18. Pineapple
19. Kiwi
20. Papaya
21. Honeydew melon
22. Fresh ginger root
23. Mango
24. Watermelon and mint
25. Cucumber and mint
26. Lemon and mint
27. Cherry and lime
28. Watermelon and cucumber
29. Ginger and lemon
30. Orange and pineapple

BLUEBERRY SMOOTHIE

Ingredients
½ cup water or coconut water
½ cup plain low fat yogurt
½ cup fresh or frozen blueberries
½ overripe banana, peeled and sliced
2 ice cubes

Instructions
1. Put all the ingredients in the blender.
2. Put the blender top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 2 minutes.
3. Pour the smoothie into cups and scrape out the rest with a spoon.
4. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults. You can either serve right away, or store in a thermos or covered in the fridge up to 4 hours.

Recipe courtesy of Chop Chop Magazine.
**GREEN GODDESS SMOOTHIE**

**Ingredients**
- 2 avocados
- 1 handful spinach
- 1 banana
- 1 cup fresh pineapple
- 1 cup low fat milk
- 3 ice cubes

**Instructions**
1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults.

**MONSTER SMOOTHIE**

**Ingredients**
- 2 cups chopped kale
- 1 overripe banana, sliced
- 1 apple, cored and chopped
- 1 cup frozen blueberries
- 1 cup plain low-fat yogurt
- ½ cup 100% orange juice
- 2 tablespoons toasted almonds or walnuts (optional)

**Instructions**
1. Put the kale, banana, apple, blueberries, yogurt, orange juice, and almonds (if you like) in the blender. Put the top on tightly.
2. Turn the blender to medium and blend until the mixture is very smooth.
3. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults. You can either serve right away, or store in a thermos or covered in the fridge up to 4 hours.

**Note**
Freeze the banana ahead of time for a slushier smoothie!

Recipe courtesy of Chop Chop Magazine.
**SUNSHINE SMOOTHIE**

**Ingredients**
- ½ cup 100% orange juice
- ½ cup plain low-fat yogurt
- 1 ripe banana, peeled and sliced
- ½ teaspoon vanilla extract
- 2 ice cubes

**Instructions**
1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults. You can either serve right away, or store in a thermos or covered in the fridge up to 4 hours.

**Note**
Freeze the banana ahead of time for a slushier smoothie!

Recipe courtesy of [Chop Chop Magazine](http://www.chopchopmagazine.com).

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**TROPICAL SMOOTHIE**

**Ingredients**
- ½ cup overripe banana slices
- 1 tablespoon almond or peanut butter
- ½ cup fresh, frozen or canned pineapple chunks
- 1 orange
- 2 ice cubes
- ¾ cups plain low-fat yogurt
- 1 tablespoon shredded, unsweetened coconut

**Instructions**
1. Put the banana, almond butter, pineapple and orange in the blender. Put the top on tightly.
2. Turn the blender to medium and blend until the mixture is smooth.
3. Turn the machine off, and add the ice cubes, yogurt and coconut.
4. Put the top on tightly, turn the blender to medium and blend until the ice is chopped and the mixture is smooth but still pulpy.
5. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults. You can either serve right away, or store in a thermos or covered in the fridge up to 4 hours.

Recipe courtesy of [Chop Chop Magazine](http://www.chopchopmagazine.com).
WATERMELON STRAWBERRY SMOOTHIE

Ingredients
1 cup of watermelon pulp
½ cup of fresh strawberries (washed and stem removed)

Instructions
1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute.
3. Serve in 4 ounce portions for children, 6 ounce portions for adolescents, or in 8 ounce portions for adults.

Recipe courtesy of Super Healthy Kids.

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