



# 201 Healthy Smoothies & Juices for Kids

Fresh, Wholesome, **No-Sugar-Added**  
Drinks Your Child Will Love



AMY ROSKELLEY, Founder of [SuperHealthyKids.com](http://SuperHealthyKids.com), with NICOLE CORMIER, RD, LDN

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# ***Dedication***

*This book is dedicated to my family and the amazing online community that has made this book possible.*

# ***Acknowledgments***

*I would like to thank my kids, who lovingly drank their hearts out and drowned themselves in smoothies and juices along with me.*

# ***Contents***

**Introduction**

**How to Use This Book**

## **1 Helping Kids Become Super Healthy**

## **2 Morning Sunshine: Drinks to Jump-Start the Day**

### **SMOOTHIES**

Gold Nugget Smoothie

Over the Rainbow, Mango!

Inspector Nectar

Citrus Sunshine Shake

Lettuce Drink Bananas

Raspberry Rascals

Brainy Banana

Bye-Bye Blackberry Pie

A Day at the Peach

Dazzling Date Drinkers

Big Banana Dipper

Carotene Quencher

The Yummy Honey Bunny

Sweet Pear Maiden

Kickin' Cantaloupe

Prancing Pineapples

Outrageous Orange Explosion

Nutty and Nice

The Green Gatsby

Purrr-fect Pears

Lime Lovin' Lions  
Bloomin' Blueberry  
Wise Old Peach  
Jack and Ginger  
Lightning McLemon  
Bursting Broccoli Breakfast  
Breakfast Banana Band  
Spanky's Spinach Smoothie  
Zesty Lemon  
Big Apple Lemon Circus  
Sippin' Extreme Cider  
Baby's Berry Blizzard  
Microbursts Melon

### **JUICES**

Peachy Keen Morning Machine  
Morning Melon Magic  
Apple Beeter Juice  
Double Applenade  
Gimme a Beet!  
Orange Pleaser Squeezers  
Merry Melon  
Kokomo Coconut  
Coolito Cranberry  
White Whimsy Grape Fizzy  
Carrot Top Garden Crop  
Oranchya Glad It's Morning  
Beary Berry Blast  
Dew Drop Drink  
Cloudy with a Chance of Cucumbers  
Prickly Pineapple  
Polka Dot Apricot  
Peachy Queen  
Carnival Carrot Cup  
Sunshine Strapple  
Sour Grapple  
Moonlight Mango

## **3 Ready for Anything: Drinks on the Go**

### **SMOOTHIES**

Carrot Blitz Smoothie  
Merry Fairies Triple Berries  
Yam Kablam!  
Grapeology  
Magical Melon Mix  
Monster Mango Mash  
Pucker Up Peach  
Dandy Lions and Happy Kids  
Celerapple Frapple  
Moonberry Mug  
Oh, Nuts!  
Brainy Bananarama  
Forget Me Not, Apricot  
The Duke's Cuke  
Peter Piper's Pumpkin Smoothie  
Sweet Lemon Treat  
Tambourines and Tangerines  
Alexander the Grape  
Citrus Squeezer Teaser  
Peaches and Dreams  
Nuttin' Honey  
Tropical Pineapple Punch  
Luscious Lemon-Lime  
Crashing Coconut Coolers  
Invasion of the Banana Snatchers  
Sweet and Sassy Strawberry Delight  
The Cucumber King  
Parsley Party Punch

### **JUICES**

Help-Me-Hydrate Melon Citrus Juice  
Spinapple

Blazing Blackberries  
Aunt Annie's Apple Juice  
Orange C-Shell  
Smart-N-Tart Lemonade  
Garden Goose Juice  
Sippin' Celery Soda  
Double Yum Plum  
Icy Island Dream  
Power Peach Punch  
Summer Lemon Splash  
Sugar Plum Fairy Juice  
Cucumbers and Crocodile Juice  
Super Supreme Tangerine  
A Pair of Pears  
Partridge in a Pear Tree  
Pelican Pickle Juice

## **4 Better Snacks for Better Kids: Drinks with a Purpose**

### **SMOOTHIES**

Ginger and Spice and Everything Nice  
A Sweet Beet Treat  
Wacky Watermelon  
Prince Papaya Potion  
Green Goji Giant  
Cranberry Cosmic Cup  
Peace, Love, and Pineapple Smoothie  
Choo-Choo Chuggin' Cherry  
Kool Kollosal Kale  
Pomegranate Power Punch  
Blackberry Bonanza  
Fresh Flaxle Rock  
Pineapple Pix-C  
Astro-Nuts  
Rocking Lemon-Melon

Vita-Mint Shake  
Green Grassy Goblets  
Best Smellin' Melon Smoothie  
Coconut Craziiness  
Mango Madness  
Melon Melodies  
Banana Bonanza  
Maggie and the Ferocious Beet  
Adventure Lime  
Zeus's Zucchini Blend

### **JUICES**

The Tomato Tornado Juice  
Yummy Yammy Apple Juice  
Punchy Peach  
Oh-my-a Papaya  
Queen Carot-tene  
Melonopolis  
Cool as a Cucumber  
One Leopard's Pepper Drink  
The Purple Cow  
Sweet Swiss Sipper  
Butternut Bug Juice  
Groovy Grape Juice  
Pink PJ Pineapple  
Taste Beyond Be-Leaf  
The O.C. Specialty  
Tooty Fruity Grapefruit Juicy  
Kaleade  
Easy Peasy Grapefruit Squeezy  
Carrotopia  
Great Grapes and Berries  
Cowabunga Cucumber  
Cabbage Patch Kids Juice  
Tomato Twister

## **5 Just for Fun (and Then Some): Drinks for Dessert**

### **SMOOTHIES**

Peary Punch  
Banana Split Smoothie  
Strawberry Short-Shake  
Apple Pie in the Sky  
Cuckoo for Coconuts  
Powder Puff Pink Punch  
Munchkins Pumpkin Pie  
Maple Almond Crush  
Banana Boat Float  
Triple Berry Blastoff  
Queen Cocoa Bean  
Radical Raspberry Delight  
Pee-Wee's Kiwi Crush  
Spin-erry Canary  
Agua Melon Fresca  
Berry Berry Quite Contrary  
Vanilla Banana Bonkers  
Mooo-Vin Milkshakes  
Cocoa-Nutty Smoothie  
The Tortoise and the Pear  
Ginger Apple Snap  
Neptune's Nutty Spoon  
Planet Mars Mango Mash Up  
The Three Little Pears  
Cherry Tales  
Follow the Lemon Brick Road  
Marvelous Melon-Cholly  
Berry Potter-Melon  
Luscious Lemon

### **JUICES**

Lemon Sparkleberry

Frozen Apple Pie  
Kiwi Fuzz Pop  
Kiwinky Drinky  
Super Melon Man  
Blue-nana Juice  
Sweet Pink Melon Drink  
Green Garden Party Punch  
Charming Cherry Melon  
Orange Lemonade Lift-Off  
Razzle Dazzle Berry  
Monkey's Banana Juice  
Planet of the Grapes  
Purple Pomegranate Punch  
Blackberry Boombah  
Kiwi Crush  
Gusty Grapefruit  
Orange Squirt  
Alice the Cantaloupe  
Jungle Ginger Juice  
Fresh and Sweet, Banana Treat  
Goo Goo Grape  
Freckleberry Lemon Juice

## *Introduction*

One Sunday afternoon, I had prepared what I thought was a delicious dinner for my family: lasagna, fresh spinach salad, and whole-wheat rolls. My oldest child, who was about four at the time, declared he was full before dinner even started. He told us he had absolutely no room in his stomach for any of the food that was on his plate. Of course, being an enlightened mother in the twenty-first century, and not wanting to feed my child when his hunger cues told him not to eat, I allowed him to visit with us during the meal and not eat a single bite of his dinner. Then we dished up dessert. My son in the most sincere tone informed us that although he was not hungry for dinner, he was definitely hungry for dessert. That was the first of hundreds, if not thousands, of similar conversations between me and my children. They are hesitant to eat what is good for them, going so far as to say they are too full to eat, yet so quick to dive into dessert as if they hadn't eaten all day.

If your family is anything like mine, this story is familiar! Kids have a huge variety of healthy and not-so-healthy food to choose from today. It's easy for them to pick and choose the foods they are "hungry" for. Store shelves are crowded with bright packages of foods, with new ones being added daily. Unfortunately, these attractive foods aren't necessarily good for our children. Many of them are filled with preservatives, artificial ingredients, synthetic dyes, processed sugars, and large amounts of sodium.

We know that our children should consume real foods like whole fruits and vegetables in order to receive vital nutrients without the added sugars and empty calories. Whole fruits and vegetables provide children with the perfect balance of proteins, carbohydrates, essential fats, vitamins, and minerals.

But how can we get them to eat these fruits and vegetables? Our kids may not like the flavors or textures. And in our fast-paced, fast-food world, sometimes we just see fruits and vegetables as too inconvenient. Washing, chopping, preparing, and cooking are sometimes too much of a hassle.

Homemade smoothies and juices are the perfect answer for today's kids. These fruit- and vegetable-based drinks have all the good stuff of fresh fruits and vegetables, minus all the bad stuff of preservatives, synthetic dyes, sugars, and sodium. They can provide kids with essential nutrients in a way they won't complain about. As your kids begin to make a habit of drinking fresh juices and smoothies, you can feel confident that they not only survive the sick season but thrive the whole year. This cookbook is the solution for showing you how to make smoothies and juices your kids will always be hungry for. Instead of refusing fruits and vegetables, they'll be asking for more!

## ***How to Use This Book***

This book is your go-to reference for making healthy changes in your children's diet. Whether you are just beginning this journey or have been committed to healthy habits all along, the juice and smoothie recipes in this book will help you on your way.

### **Customize It!**

Each smoothie recipe can be custom-made for the way your kids like it. We almost always add a few ice cubes to our smoothies if we aren't using frozen fruit. The ice gives smoothies a milkshake texture that my kids enjoy. The juice recipes can also be customized. My kids enjoy juice more when I add a touch of water to make it thinner and chill the drink in the fridge for a few minutes so it's super-cold.

## How the Book Is Organized

**Chapter 1: Helping Kids Become Super Healthy** shows you how the juices and smoothies in this book can help your kids become healthier—and stay that way. The recipes themselves are divided into four chapters.

**Chapter 2: Morning Sunshine: Drinks to Jump-Start the Day** contains smoothies and juices that are perfect for starting the day in the healthiest way possible. The fuel our kids consume after waking up should be full of good carbohydrates to get them going, and the smoothies and juices in this chapter do just that—while keeping out the artificial junk of traditional breakfast cereals. Replacing sugar-laced cereals with a smoothie or fresh juice is best for sending kids to a long day of school. The midmorning sugar crash will go away, and they'll be able to pay attention in class better.

**Chapter 3: Ready for Anything: Drinks on the Go** gives your family recipes for smoothies and juices that are perfect for kids on the move. When your family is busy and you need to grab and go, these are the best recipes for you. These drinks are ideal for heading out to soccer, or even just spending a day on the lake.

**Chapter 4: In Better Snacks for Better Kids: Drinks with a Purpose**, each recipe has a specific feature that will help make kids healthier. From helping quash motion sickness to enhancing memory to strengthening immunity, the recipes in this chapter will boost your kids' health.

**Chapter 5: Just for Fun (and Then Some): Drinks for Dessert** contains all the delicious dessert recipes you can imagine. Birthday parties, celebrations, and after-dinner treats can now be filled with health and wellness instead of sugar and illness. The best part is kids will enjoy these treats as much as, or even more than, traditional dessert foods.

## Reading the Recipes

Each recipe is designed to appeal to kids and to be simple for parents to whip up. To make the recipes even more helpful than usual, the recipes feature several bonuses.

### *Super Sidebars*

Each recipe includes a sidebar packed with details about the recipe that will

help you in your journey to wellness. You'll find six different types of sidebars:

- **Time Saver Tip.** This type of sidebar gives shortcuts and ideas for saving time and making the recipes as quickly as possible.
- **Nutrition News.** This type of sidebar offers information on how certain ingredients in the smoothies and juices will help your children stay healthy.
- **DIY.** This type of sidebar offers do-it-yourself ideas for making the most of the juices and smoothies in this book and to encourage your children to eat healthfully.
- **Picky Eater.** This type of sidebar gives ideas and techniques for helping picky eaters learn to love their fruits and veggies.
- **Green Tip.** This type of sidebar gives you choices for being as environmentally conscious as possible when making and serving these juices and smoothies.
- **Make It Fun.** This type of sidebar shows how you can make eating healthfully fun for kids, instead of a drudgery or chore.

### *Reading the Icons*

Throughout the book, each recipe also includes icons that show that recipe's special feature. Look for recipes that contain superfoods, those that are great to make in big batches, drinks that should be consumed fresh, drinks that you can store for later, drinks for the whole family, drinks that are great for athletes, drinks that are great for immunity, and those that include dairy.

### MEANING OF THE ICONS

ICON	MEANING	ICON	MEANING
	Superfood		Whole family enjoys
	Big batches		Especially good for athletes
	Drink fresh		Immune support
	Keeps well		Includes dairy

### *Nutritional Analysis*

The recipes in this book include full nutrition data. You'll see a listing that looks like this:

<u>CALORIES</u>	<u>FAT</u>	<u>PROTEIN</u>	<u>SODIUM</u>	<u>CARBOHYDRATES</u>	<u>SUGARS</u>	<u>FIBER</u>
74	0 grams	1 gram	1 milligram	19 grams	16 grams	2 grams

That means that particular recipe has 74 calories per serving, no grams of fat, 1 gram of protein, 1 milligram of sodium, 19 grams of carbohydrates, 16 grams of sugars, and 2 grams of fiber.

### **Recommended Dietary Allowance**

To know how these recipes fit into a healthy eating plan for your children, check out the Mayo Clinic's nutritional charts by age and gender. It will help you determine the appropriate amount of these nutrients for your child depending on his or her age:  
[www.mayoclinic.com/health/nutrition-for-kids/NU00606](http://www.mayoclinic.com/health/nutrition-for-kids/NU00606)

# 1

## *Helping Kids Become Super Healthy*

Like most parents, you want what's best for your children, but you're pressed for time, money, or energy—or all three! So you may end up giving your kids less-than-perfect meals as a result. Still, you want to do better—you're just not sure how. This cookbook is the answer! You'll learn how to use juices and smoothies to improve your children's health and nutrition, even if you are low on time, money, and energy! Ensuring good nutrition doesn't have to be time-consuming, expensive, or hard.

Let's start by looking at the facts—what your kids *should* be eating.

### **Dietary Recommendations: the American Academy of Pediatrics**

According to the American Academy of Pediatrics (AAP), children ages two to eight should eat:

- 1 – 1½ cups fruits per day
- 1½ – 2 cups of vegetables per day
- 3 – 5 ounces of grains
- 2 – 4 ounces of beans or meats
- 2 cups of milk
- 3 – 4 teaspoons of oil

That seems simple enough on the surface, but you know that getting that much fruit and veggies into your children can be a challenge. Serve a kid a cup of boiled green beans and you're probably not going to have much luck getting it down the hatch without a lot of stress and frustration on both sides. That's why juices and smoothies are such a blessing! It's a lot easier to convince your child to down a delicious smoothie.

The AAP recommendations allow for half of the fruit servings to be in the form of fruit juices (not fruit-flavored drinks). Specifically, kids ages one to four could drink 6 ounces of fruit juice per day, and kids over ten can drink

up to 12 ounces per day. Infants younger than six months should not consume juices in any form. The AAP further recommends juice should only be offered to a child who can drink from a cup. Juice should never be served to babies or toddlers through a bottle as that tends to promote cavities.

The AAP also recommends juice and fruit-based drinks be part of a meal or snack, rather than sipped throughout the day. This is a great opportunity for teaching kids that fruits and vegetables are part of a balanced meal. When you make the juices and smoothies together, kids also learn where their food and drinks originate, giving them a greater connection to their food.

### **Your Child's Natural Eating Habits**

Kids grow at different rates and sometimes even go through periods where their growth is slowed considerably. During these times, kids naturally eat less and sometimes significantly decrease the amount of food and calories they are comfortable eating each day. It's not necessary to force your kids to eat all the food recommended by the AAP. These guidelines can help you plan meals for your children, shop for food to stock your pantry, or prepare that midday snack for your hungry kids, but don't worry if your kid is eating less than usual. Do, however, make sure that they're not replacing good-for-them food with less-than-desirable options.

## **Putting Recommendations into Practice**

Other organizations have developed guidelines that will help you make good decisions about your children's nutrition. For example, the USDA recommends for children (and adults!) age two and above:

- Half your plate should consist of fruit and vegetables.
- Cut back on foods high in solid fats, added sugars, and salt. This includes most processed foods and baked goods.
- Choose 100 percent fruit juice instead of fruit-flavored drinks.
- Eat a variety of vegetables, especially colorful vegetables.

Using these simple rules of thumb will help you ensure your children are getting adequate nutrition.

# The Importance of Good Nutrition

Good nutrition helps children become and stay healthy. It also helps them maintain an appropriate body weight (obesity among children is becoming a serious health problem; according to the Centers for Disease Control and Prevention, nearly 20 percent of children are obese).

Eating fruits and vegetables gives children's bodies the proper nutrients necessary to work as efficiently as possible. Without essential nutrients, phytochemicals, and antioxidants, kids would not have the building blocks necessary to build new bone, muscle, and heart tissue. These nutrients also keep all of their organs functioning properly.

Eating a variety of the recommended amount of fruits and vegetables provides kids with:

- A decreased risk for heart disease, stroke, digestive diseases, and type 2 diabetes.
- An improved and strengthened immune system with the ability to protect and fight against infections. This means fewer sick days for kids.
- An ability to maintain a healthy weight.
- Better vision and healthier skin.
- Healthier gums and teeth.
- A decreased risk for cancers.
- Improved digestion. Fiber is essential for optimal digestion, and it is only available in plant foods.
- More energy to play! Kids who eat well run faster and longer than the kids who are fueled by junk.
- A preference for healthier food. The more fruits and veggies they eat, the more they want to eat, creating the conditions for lifelong good health.
- Better brain function.
- Better sleep.
- Increased longevity.

## The Solutions

So, we know that eating more fruits and vegetables will help our children thrive, but it can be a challenge to get kids to consume them! Kids aren't the only ones who struggle with this. Adults also find it hard to consume enough fruits and vegetables. One way they meet this challenge is to blend up smoothies and squeeze fruits and vegetables for their juices. Done well, this can be a delicious way to supplement or even replace meals while getting in the dietary requirements for fruits and vegetables every day. Why not do the same for our children as well? Our kids can enjoy and benefit from this trend just as we do. However, instead of using smoothies and juices for detoxes or weight loss, we can tailor the smoothies and juices we make for our kids to promote good health and good nutrition.

### ***Picky Eaters***

Kids who have become accustomed to processed and overly sugary or salty foods are the toughest ones to convert to more nutritious foods. I received an e-mail from a desperate mother, Aileene, a few weeks back. Aileene said, "My kids won't eat anything orange. Actually, they won't eat any fruits and vegetables for that matter. What can I do?" These pleas for help come into my inbox almost daily. When you make the decision to feed your family better, it's frustrating when the kids don't jump right on board. You take the time and spend the money on healthy food to make a positive impact in their lives only for your kids to turn up their noses and declare it "looks too gross" to try.

Fruit and vegetable smoothies are perfect for hiding vegetables for picky eaters. After blending, there is generally no indication which vegetable you have included in their drinks beyond the color. Even the pickiest eaters will be fooled by the smoothies' natural sweetness, not even realizing there could be veggies in their cup. You can include spinach, broccoli, kale, and other bitter greens that kids seldom like when simply served on a plate.

At the end of the day, it takes creative and clever parents to help their kids meet the daily requirements for fruits and vegetables. We work with what we've got and keep trying until something sticks. Blending up and juicing fruits and vegetables can work wonders because it bypasses most kids' "gross factor" radar. Kids are more likely to try a smoothie than a plate of spinach. Kids are more likely to drink a glass of juice than eat a carrot.

### ***Persistence Pays***

It's important to keep trying and be persistent to develop good health habits. Whether your children accept your drinks initially or not, don't give up. As you consistently offer fruit- and vegetable-based drinks, your kids will slowly form important habits that they will keep the rest of their lives. You can include fruit and vegetable drinks for mealtimes or for snacks. Drink them yourself to encourage your children to do the same. Incorporating these drinks at mealtime will teach kids it is food and part of your meals. As you