

# Summer Fun! Juicing It Up the Nutritious Way

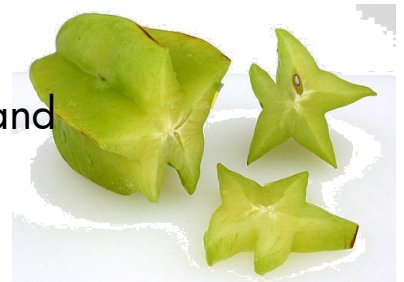


Summer vacation has begun and school day routines are the things of the past! But we still need to eat nutritiously to have energy and to be healthy for fun in the sun!

To help your child eat a variety of nutritious snacks, we suggest juicing fruits and vegetables. Juicing provides so many benefits:

- Easy way to pack in nutritiously dense food that your child may not enjoy eating whole
- Increases fruit/vegetable intake in their diet
- Provides most of the nutrients present in the fruits/vegetables
- No added sugar
- No artificial colors or preservatives
- Can be frozen in a Popsicle mold to offer up a fun but nutritious treat

Try out the following juicing recipes! Great jumping off point for you to experiment with a combination of fruits and vegetables with delicious results!



# Kid Friendly Juicing Recipes

## Sweet Green Juice

Super energy! Add the Kale & Parsley first. Then add the Romaine, Cucumber, Celery and Apple. Apple will sweeten up the juice. It's considered a "neutral" fruit and can be combined with vegetables.

- 2 cups Kale
- 2 cups Parsley
- 3 cups Romaine
- 1 Cucumber
- 3 Celery Stalks
- 1 Apple



## Celery-Apple-Kiwi w/ Ginger Juice

- 1 large celery stalk
- 2 apples
- 1 kiwifruit
- 1/3 cup parsley
- 1 tablespoon ginger
- ½ lime

Nutritional Facts: Per 1 cup: 82 calories; <1g protein; <1g total fat; 20g carb; 0mg chol; 9mg sod; 0g fiber; 18g sugar      Adapted from VegetarianTimes.com

## Tropical Fruit Juice

This recipe has plenty of beta-carotene, which the body converts into vitamin A, the essential ingredient to healthy hair, clear eyes, and healthy skin. Remove all the peel and seeds before putting the orange, pineapple, watermelon, and mango into the juicer.

- 1 Orange
- 1/2 Mango
- 1 Slice of Fresh Pineapple
- 1 Slice of Watermelon
- 5 Strawberries

## Sunshine Shake

This smoothie is a high calorie smooth used to boost calories.

- 3 ripe bananas
- 1 ½ cups dry milk
- ½ cup orange juice
- 2 ½ cups water
- 1 cup ice cream
- ½ teaspoon vanilla

Mash bananas well. Slowly add other ingredients and mix thoroughly (use beater or blender if available). Chill and serve. Serves 6.