

3 fun recipes to try with your kids!



MONSTER SMOOTHIE

1 frozen banana

½ cup Greek yogurt

1 handful spinach, kale, or other green of kids' choice

1 Tbsp almond or peanut butter

A few ice cubes

Water to thin

Add all ingredients to a blender and blend until smooth and brilliant green. (If your kid wrinkles their nose at the color, tell them it's what strong monsters drink!)

RAINBOW ROOT FRIES

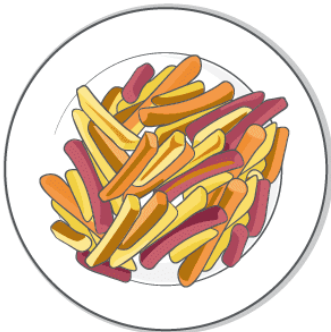
Beets

Parsnips

Sweet potatoes

Olive oil

Preheat oven to 400 F. Cut washed and peeled root vegetables into ¼" matchsticks and place in large bowl. Drizzle with olive oil and toss. Spread sticks ¼" inch apart on parchment-lined baking tray. Bake for 15-20 minutes, then flip them and bake 10-15 minutes until crispy at the edges. Salt to taste.



ZUCCHINI PIZZA BOATS

1 zucchini per person, halved lengthwise, stems cut off, seeds scooped out

Pizza sauce

Cheese, grated

Choice of veggies: sliced onions, cherry tomatoes, olives, mushrooms, etc

Cooked ground meat or tempeh (optional)

Preheat oven to 400 F. Place zucchini halves on parchment-lined baking tray. Top each with a spoonful of pizza sauce. Add a thin layer of grated cheese, then veggies. Sprinkle with salt, pepper, and a light drizzle of olive oil. Bake for 25-35 minutes, until zucchini is tender and toppings are cooked. Finish with about 3 minutes on broil.

