

Why argue with your kids every day about getting them to eat their Fruit & Veggies. Make a Smoothie for them that holds all the Fruit and Veggies that you want them to have and they will be none the wiser. It may be sneaky but very effective and yummy for both you and your kids. This recipe book has great ones to try.

Whizz up one of our kid-approved fresh fruit and veg-filled smoothies, packed with health benefits. These delicious drinks are nutritious and easy to make. These 15 healthy smoothie recipes for kids are easy to make, taste great, and have lots of vitamins and minerals. A great way to get them to eat vegetables. Don't fight kids' aversion to veggies, just sneak them into smoothies!. 15 Easy & Delicious Smoothie that even picky eating kids will love!. Four delicious smoothie recipes that are packed full of nutritious ingredients, kid- approved and perfect for the whole family. Can't get 'em to eat their fruits and veggies? These kid-friendly smoothie recipes will have your children begging to swap sugary sodas for. These 8 smoothie recipes for kids taste like milkshakes while being loaded with good nutrition. Make them for breakfast or as after-school. These recipes have been carefully designed and written with even the pickiest eaters in mind to get your kids to eat their fruits and vegetables and make them.

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