



## **Kid Smoothies Cookbook Launch Party: Recipes To Make at Home!**

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**Prep Time 5 / Cook Time 3 / Serves 2 - 4**

### **Fun-Da-Mentals Kitchen Skills**

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

### **Equipment**

- Small saucepan
- Liquid measuring cup
- Measuring spoons
- Blender (or pitcher + immersion blender)

Cutting board + kid-safe knife

Dry measuring cups

## Ingredients

### Outrageous Orange Smoothies

1 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

1 banana or ripe pear

1 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

1/2 C full-fat plain yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)\*\***

1 12-oz can frozen orange juice concentrate

### Strawberry and Cream Smoothies

1 C heavy whipping cream **\*\* (for DAIRY ALLERGY sub coconut whipping cream)\*\***

2 C strawberries, fresh or frozen **\*\* (for STRAWBERRY ALLERGY sub peaches or blueberries)\*\***

1/2 C granulated sugar

2 C cold water

1/4 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

### Coco-Loco-Cocoa Na-Na-Na Smoothies

2 bananas

1 to 2 C coconut milk (from can or carton)

1/4 C cocoa powder **\*\* (for CHOCOLATE ALLERGY sub carob powder)\*\***

2 T honey/sugar/agave nectar (kids add to taste!)

2 to 3 cups ice

coconut flakes, optional to top smoothies

### Green Tea Smoothies

2 C whole milk **\*\* (for DAIRY ALLERGY sub coconut, rice, or soy milk depending on allergies)\*\***

3 decaf green tea bags

1 ripe frozen banana or 1 banana + 1/4 C ice

1 C whole milk vanilla yogurt **\*\***(for DAIRY ALLERGY sub coconut, rice, or soy vanilla yogurt depending on allergies)**\*\***

2 T or more honey

## Food Allergen Substitutions

### Outrageous Orange Smoothies

**Dairy:** Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free plain yogurt.

**Gluten/Wheat:** Use gluten-free pure vanilla extract, not imitation vanilla flavor.

### Strawberry and Cream Smoothies

**Dairy:** Substitute coconut whipping cream for heavy whipping cream.

**Strawberry:** Substitute peaches or blueberries for strawberries.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

### Coco-Loco-Cocoa Na-Na-Na Smoothies

### Green Tea Smoothies

**Dairy:** Substitute coconut, rice, or soy milk for whole milk. Substitute coconut, rice, or soy vanilla yogurt for vanilla yogurt.

## Instructions

### Outrageous Orange Smoothies

measure + peel

Measure **1 cup milk** and add to your blender or pitcher (for use with an immersion blender). Next, peel **1 banana** and add to milk. Then measure and add **1 teaspoon vanilla extract, 1/2 cup yogurt, and 1 can of frozen orange juice.**

blend + pour

Blend until smooth and uniform, then pour and cheers!

### Strawberry and Cream Smoothies

chop

Remove the tops from **2 cups of strawberries**. Roughly chop the strawberries and place them in your blender.

#### measure + blend

Measure **1 cup heavy whipping cream, 1/2 cup sugar, 2 cups cold water,** and **1/4 teaspoon vanilla extract** and add them to the strawberries. Blend until smooth. Serve and Enjoy!

## Coco-Loco-Cocoa Na-Na-Na Smoothies

#### intro

Perfect for satisfying a fierce chocolate craving, this smoothie is rich and dessert-like, but full of good stuff. And it's only 4 ingredients, 5 if you count the ice.

#### chop + add

Have kids chop up **2 bananas**. Add the banana to your blender (or pitcher + immersion blender).

#### measure + blend

Next, have kids measure and add **1 to 2 cups coconut milk, 1/4 cup cocoa powder, 2 tablespoons honey,** and **2 to 3 cups ice** to the blender with the banana. Add your lid and blend, blend, blend!

#### pour + sprinkle

After the smoothies are blended and thick, pour them into tall glasses and sprinkle the top with optional coconut flakes, if using, and enjoy!

## Green Tea Smoothies

#### simmer + steep

In a small saucepan, bring **2 cups of milk** to a simmer. Turn off heat and steep **3 decaf green tea bags** in the milk for 10 minutes.

#### peel + measure + blend + pour

Peel and add **1 banana** and **1/4 cup ice** (if the banana is not frozen) to your blender. Remove the tea bags from the milk and add the milk to the blender. Measure and add **1 cup vanilla yogurt,** and **2 tablespoons honey**. Blend until smooth, adding more milk if necessary. Taste and add more honey if you would like it sweeter! Pour into cups and say "Cheers" in Chinese: 干杯 "Ganbei" (gahn bay), which literally means "dry cup."

## Featured Ingredient: Coconut!

Hi! I'm Coconut!

"Knock, Knock! Who's there? Coco. Coco Who? Coco Nut! You guessed it! I'm a Coconut! I'm kind of like the

moon because you can sort of see a face on my outer shell. See those indentations? They could be my eyes and nose! (Or maybe you see a really small, hairy bowling ball!) I may be a hard case to crack, but I'm tasty inside! Try me flaked or shredded, sweetened or unsweetened, in cookies, pies, cakes, salads, and shakes! Yum!"

## History

Coconuts are native to tropical islands in the Pacific around Southeast Asia, but they were spread around the globe by explorers hundreds of years ago.

In Thailand, for about 400 years, pigtailed macaque monkeys have been trained to pick coconuts.

In the United States, you can write an address on the outside of a coconut, slap on the correct postage, and drop the whole thing in the mail. Amazing! Yes, coconuts are mailable as long as they are presented in a dry condition and not oozing fruit juice! Try it!

A coconut can survive months of floating in the ocean, and when it washes up on a beach, it can germinate into a tree!

Globally, coconut oil was the leading oil until the 1960s, when soybean oil overtook it.

May 8 is "National Coconut Cream Pie Day" in the United States.

## Anatomy & Etymology

Coconuts are related to olives, peaches, and plums. Coconuts are NOT nuts; they are big seeds!

The term "coconut" can refer to the whole coconut palm tree, the seed, or the fruit, which technically is a drupe, not a nut! A drupe refers to a fleshy fruit with a stony seed inside that's protected with thin skin or hard, stony covering. Examples are peaches, coconuts, and olives. The word "drupe" comes from "drupa," meaning overripe olive.

An average coconut palm produces about 30 coconuts a year, although it's possible for a tree to yield 75 to 100 annually.

A coconut will ripen in about a year; however, if you want to harvest it for the coconut water, it will be ready within six to seven months. If you shake a coconut and hear water sloshing around, it's not fully ripe, and there won't be as much meat.

The outer skin of the coconut covers a thick, fibrous husk, which can be used for making ropes, mats, brushes, sacks, caulking for boats, and stuffing for mattresses.

Coconut leaves have many uses, too, such as making brooms, weaving baskets or mats, or drying for thatch roofing.

Traditionally, the trunk of the coconut palm tree was used for its wood to build boats, bridges, houses, and huts.

The word "coconut" comes from the mid-16th-century Spanish and Portuguese word "coco," which can mean "bogyman" or "grinning face" after the three indentations on the coconut shell that resemble facial features.

## How to Pick, Buy, & Eat

The coconut comes from the coconut palm tree. These trees prefer hot weather. Where in the world do you think they grow? Throughout the tropics and subtropical parts of Earth, in over 80 countries!

The three highest coconut-producing countries are the Philippines, Indonesia, and India.

The coconut palm tree can grow up to 98 feet tall!

Coconut milk is sweet and water-like but eventually dries out as the coconut ripens.

The coconut palm is sometimes referred to as the "Tree of Life" because it's useful from top to bottom.

Except for the roots, every part of the coconut tree is harvested in the tropical areas where coconut palms are common.

If buying a coconut whole, choose one that feels heavy for its size. Young coconuts will be full of coconut water and covered in a green, smooth shell with tender flesh. While older, mature coconuts have a more brown and fibrous outer shell with firmer and drier meat inside.

Coconuts are not easy to open! You have to forcefully crack them open to get to the edible goodness inside.

Coconut meat can be dried and shredded and used in salads, baked recipes, sprinkled over fruit, and enjoyed as a snack. It can also be eaten fresh and added to smoothies.

Coconut water is hydrating and can be enjoyed straight or poured over ice with other juices for a refreshing treat.

## Nutrition

**Electrolytes!** Fresh coconut water is a source of electrolytes like potassium, sodium, and manganese. What do electrolytes do? They replenish the body by helping our muscles to move, our hearts to beat, and our brain cells to communicate with each other.

Coconuts are rich in a type of fat called lauric acid, which is known for being antiviral, antibacterial, and antifungal. These properties help prevent us from getting sick by protecting our immune system.

Coconut is very nutritious and has lots of fiber, vitamins, and minerals. It is classified as a "highly functional food" because it provides many health benefits beyond its nutritional content.

Pacific Islanders especially value coconut oil for its health and cosmetic benefits.