



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Passion Fruit Smoothie

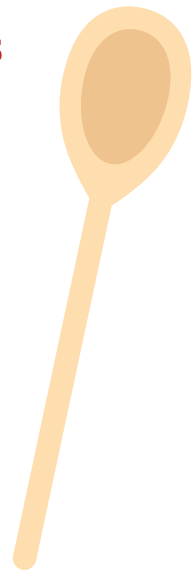
Kid Chef Sakari Clendinen, Age 8, Virgin Islands

INGREDIENTS

- 8 passion fruits, seeded and flesh removed
- 4 bananas
- 2 cups fat-free plain Greek-style yogurt
- 2 tablespoons honey
- 8 ice cubes

DIRECTIONS:

1. In a blender, combine the passion fruits, the bananas, the yogurt, the honey, and the ice cubes.
2. Blend ingredients until smooth.
3. Serve in tall glasses.



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!