



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Captain America's Red, White and Blue Smoothie

Ingredients

Blue Layer:

- 1 cup ice
- 6 oz nonfat vanilla yogurt
- 1 cup frozen blueberries
- ½ cup coconut milk

Red Layer:

- 1 cup ice cubes
- 1 cup frozen strawberries
- 6oz vanilla yogurt
- 1 cup simple syrup

White Layer:

- ½ cup coconut milk
- 1 large banana
- 1 cup ice cubes
- 6 oz vanilla yogurt

Directions

1. Blend ingredients for each individual layer.
2. Add the three blended mixtures into a mason jar, one at a time:
 - the blue layer on the bottom,
 - white layer next
 - finally, add the red layer on top.
3. Add whipped cream, if you'd like.
4. Add patriotic sprinkles on top of the whipped cream for a festive look!
5. Add a straw and enjoy!