

Pebbles Flintstone's Tropical Smoothy Drink

For kids that sometimes don't eat Fruits and Vegetables

Makes : 2 1/4 cups - 2 servings Time required : 5 minutes Calories: 193 per 9.7oz

What you will need...

- 1 cup - (230ml) of your favorite fruit juice (a good source of vitamin C + calcium)
- 1/2 - (120ml) cup of frozen or fresh berries (like blueberries, strawberries or raspberries, which are rich in potassium)
- 1 medium banana (a good source of potassium and magnesium)
- 1/2 cup - (120ml) of your favourite yogurt (a good source of calcium + protein)

Directions...

- Get mom or dad to help you combine juice, berries, banana and yogurt in blender.
- Blend until smooth.

Recipe Analysis

Calories	193
Protein	3.9 gms
Fat	2.3 gms
Carbohydrates	41.3 gms
Vitamin A	33 mcg
Vitamin C	63 mg
Vitamin B-1	.17 mg
Vitamin B-2	.21 mg
Niacin	1.20 mg
Vitamin B-6	.44 mg
Vitamin B-12	.26 mcg
Folate	75 mcg
Calcium	106 mg
Magnesium	40 mg
Iron	.5 mg
Zinc	.5 mg

An Excellent Source of

Vitamin C
Folate

A Good Source of

Vitamin B-6
Magnesium

