



KID-FRIENDLY NICE CREAM SMOOTHIE

Blue Ingredients for single serving:

1. 1 Banana
2. ¼ cup Blueberries
3. ½ cup Milk (oat, almond, hemp, cows)
4. ½ cup Ice cubes
5. 1 teaspoon Natural Blue Dye

Instructions

1. Place one peeled banana, blueberries, cup ice, milk and natural blue dye in a blender.
2. Blend ingredients until the ice is all chopped up and mixed together.
3. Serve in a clear glass to show off your blue smoothie!



And finally, to make your smoothies extra fun, add these printable decals to the glass.



BLUE & MAGENTA PRINTABLE DECALS

Blue Ingredients for single serving:

1. 1 Banana
2. 2 Strawberries
3. ¼ cup Raspberries
4. ½ cup Milk (oat, almond, hemp, cows)
5. ½ cup Ice Cubes
6. 1 teaspoon Natural Pink Dye

Instructions

1. Place one peeled banana, blueberries, cup ice, milk and natural blue dye in a blender.
2. Blend ingredients until the ice is all chopped up and mixed together.
3. Serve in a clear glass to show off your magenta smoothie!