

Our Toddler's First Green Smoothie

Description

I've been blending fruits and veggies into a pre-dinner green smoothie for my wife and I for years. But, besides Going Mom giving Avery a tiny sip from her glass, I never made one exclusively for her. Well, that just changed.

Thursday morning had her swarming around me doing the sign for milk but fussing and running away from me when I pulled out a bottle. Toddler confusion!! It only gets worse, huh?



We had bananas, and I know she loves eating them sliced and topped with [NuttZo](#)!



[View this post on Instagram](#)



â€but I wanted to get her hydration needs fulfilled plus add a little extra nutrition. What better way to do that than a green smoothie?

Diligently working my way around the toddler obstruction in the kitchen, I gathered organic kale, carrots, green banana (these are great for gut health from their resistant starch), NuttZo, unsweetened almond milk, and a couple packets of stevia for sweetness.



A few minutes later, and we had ourselves Averyâ€™s first green smoothie! What took a few minutes, felt like forever with Ms. Impatient, and she was grabbing at her sippy cup before I could hand it over.

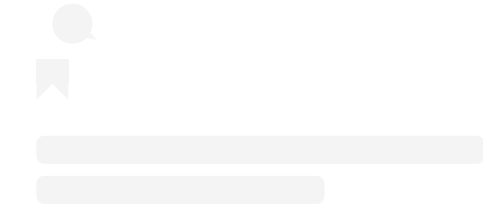


Thatâ€™s a good sign, right? I love that sheâ€™s up for drinking whatever, even if it is dark green! To avoid spillage, I made the hand-off for her little hands to better grasp and she got right to it.



[View this post on Instagram](#)





Yeah, so we need to work on how to use straws, but the main point is that she was downing her first green smoothie! I had some too, and you could definitely taste the kale, but it was anything bad, I was quite pleased with the outcome. Iâ€™m thinking she was too.



Success! Another Avery first and another meal option opened up! I ended up replacing the straw lid with her regular sippy cup lid to avoid a mess, but a mess happened regardless. Sheâ€™s use to walking around the house with water in the cup and we donâ€™t think much of it when a little spills outâ€¦.different story now.



I decided green smoothies may not appear in her sippy in the immediate future, but itâ€™s great to know sheâ€™ll drink them. There was one problem thoughâ€¦I made a giant batch of the smoothie and had a lot left over. Even after drinking a glass myself, there was plenty more, and the thing about fresh food is, it doesnâ€™t last that long.

So I did what anyone would do, I turned the green smoothie into green bread. I measured not a single ingredient, but with coconut flour, stevia, peanut flour, and baking powder, I created something similar to my [Green Coconut Carrot Bread](#). In my [microwave omelete cooker](#), of course.



Now we have a few batches of green smoothie bread which turned out a lot better than I thought. Itâ€™s sliced and ready for eager little fingers to snack on next time sheâ€™s demanding somethingâ€¦.which is always!



Unless she has a Catch-Me-Kitty to keep her occupied, that is.



Itâ€™s the day before running the longest Iâ€™ve ran in a very long time, 13.1 miles. Kelley is running the 5k and G-Ma will be with Avery watching and cheering us on. We have rain in the forecast, so Iâ€™m interested to see how that will turn out.

Iâ€™m planning on running in my [Soft Star Dash RunAmoc](#) Shoes, but mine are the ones with bullhide leather soles which equals zero traction on wet surfaces. Only time will tell, Iâ€™ll be sure to update you early next week.

Until then, I have two lovely women, one my mom, the other my wife, to celebrate Motherâ€™s Day with after the race. We went to an awesome coffee shop called [Brewed](#) almost a year ago and will go back to treat the deserving ladies. Hope Avery doesnâ€™t make us regret waking her up so early just

so we could run!

[The Dad Network](#)

Do you have green smoothies on a regular basis? If so, do your kids have them too?

Do you have a favorite recipe or just throw things in and blend like I do?

Date Created

2015/05/09

default watermark