

St. Paddy's Day Shake

The greens go down easy in this creamy smoothie that your little leprechauns will love.

by JENNA HELWIG / photograph by DANE TASHIMA



TIP
IF YOUR KIDS DEMAND A PERFECTLY SMOOTH SMOOTHIE (NO LEAFY VEGGIES HERE!), PUREE GREENS WITH THE LIQUID FIRST, BEFORE ADDING FRUIT.

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Add ½ cup milk, ½ cup water, 1 cup baby spinach, and ¼ cup fresh mint leaves to a blender. Blend until smooth. Add ½ green apple (cored, but peel on), 1 frozen banana, and agave syrup to taste. Blend until creamy. Makes 2 smoothies.

NUTRITION PER SERVING
126 calories; 4g protein; 2g fat (1g sat. fat); 26g carbs; 4g fiber; 17g sugar; 2mg iron; 116mg calcium; 46mg sodium

ON-THE-GO GREEN

Editor-tasted, editor-approved dye-free packaged snacks:



Yup, kale chips can actually taste good. Simply7 Kale Chips in dill-pickle flavor, \$3.50 for 3.5 oz.; amazon.com



Freeze-drying edamame retains their nutritional value. Simply Balanced Freeze-Dried Edamame, \$3.50 for 3.25 oz.; target.com



Healthy fats from olives will keep kids full between meals. Gaea Organic Olives Pitted Green, \$3 for 2.3 oz.; gaeaus.com