

High Calcium Berry Smoothie

Ingredients

8 oz fortified non-dairy milk

1 tbsp tahini

1 cup mixed berries (fresh or frozen)

1 large handful spinach (fresh or
frozen)

1 tbsp chia seeds

Ice as desired (optional)

Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately.

Calcium content: 687 mg

KiDS
kids + dairy symptoms