

Kid-Approved Superfoods Smoothie

Ingredients

- 8 oz fortified soy milk
- 1 cup mango chunks (fresh or frozen)
- 1 large handful kale (fresh or frozen)
- 1 tbsp hemp hearts
- 1 tbsp ground flax seed
- Ice as desired (optional)

Instructions

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