

A Secret to Gaining Healthier Kids

By Rachel Larkin

Don't all Mums want healthy kids! It is usually a struggle to get kids to eat their fruit and veggies. Well, a couple of years ago I found a fantastic way to boost my kids healthy food intake. IT'S THE...good old smoothie. But this is a smoothie with a difference – it has NO milk in it! – Dairy free! (I found if my children drank cow's milk during the day they would wake up the next day with blocked noses and a bit of grumpiness. It also led to an increase in asthma during the winter months.)

I want to share with you, my **All-Fruit Smoothie** recipe. Please note that it is a VERY fluid recipe. It all depends what type of fruit that is available for you at the time and the likes (and dislikes) of the family!

Rachel Larkin's All-Fruit Smoothie

Serves 4

½ a pineapple (a REAL one!)

Juice

Banana (or other fresh fruit e.g. nectarine, peach, pear etc)

1. Cut off the skin off the pineapple. Make sure that you can't see any green / brown skin –only yellow flesh. If you don't – there will be little hard bits throughout the smoothie. Cut out the hard bit in the middle.
2. Whiz the pineapple in a food processor unto it is white and creamy. This step is VERY important. It forms the base of the smoothie.
3. Add enough juice so the mixture will serve 4 people (or how many hungry children you have!) I use clear apple juice from the supermarket that has NO

added colours, preservatives or sugar. We have also tried apple and blackcurrant juice – which gives it a nice purple colour.

4. Then add the fresh fruit.

Alternative: We love to use frozen strawberries to the smoothie but I have to transfer the pineapple from the food processor into a milkshake type blender THEN add the juice and frozen berries. Unfortunately the pineapple doesn't go nice and creamy in the blender like it does in the food processor.

Now you can get a bit more adventurous and add some barley grass which would be the children's greens for the day BUT it does turn the smoothie green. Some mums call it the superman drink and that boys gain massive muscles from drinking it.

Unfortunately this doesn't seem to work on my boys ☹

Experiment a little, make it your own. Pineapple flesh blended like this, into a thick cream is perfect for the starting point for all sorts of yummy drinks and it also means that you don't have to use milk.

ENJOY!

Rachel Larkin currently resides in New Zealand with her soul mate, Noel and their three awesome boys (aged 9 to 5). Rachel worked in the corporate world for ten years as a Chartered Accountant before coming home to educate her children. She has a passion for inspiring and encouraging women to partake of all that God has for them. Check out more encouraging articles and freebies at her website: <http://www.Rachel-Larkin.com>