



## Honey Lemon Yogurt Smoothies

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

### Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Liquid measuring cup
- Measuring spoons

### Ingredients

#### Honey Lemon Yogurt Smoothies

- 3 ripe bananas **\*\***(for BANANA ALLERGY sub frozen mango, pineapple, or berries)**\*\***
- 2 C full-fat plain Greek yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)**\*\***
- 2 lemons, juiced
- 1 C frozen spinach
- 3 T honey + more to taste

□ 3 C ice + cold water or milk (or dairy-free/nut-free milk) as needed to thin smoothies

## Food Allergen Substitutions

### Honey Lemon Yogurt Smoothies

**Dairy:** Substitute dairy-free/nut-free plain Greek yogurt.

**Banana:** Substitute frozen mango, pineapple, or berries.

## Instructions

### Honey Lemon Yogurt Smoothies

slice + squeeze + add

Slice **2 lemons** in half and squeeze the juice into a measuring cup. Scoop out the seeds! Add juice to a blender.

peel + measure + combine

Peel **3 ripe bananas** and add them to the blender. Measure and combine **2 cups Greek yogurt, 1 cup frozen spinach, 3 tablespoons honey**, and **3 cups ice** to the blender.

blend + taste + pour

Help kids blend until smoothie is thick and smooth. Add cold water or milk if the smoothie is too thick. Taste! If it needs more honey, add some! Pour into drinking glasses and shout "Cheers!" in Greek: "Yia mas!" (Yee-AH moss).

## Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in

mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.