

Funky Monkey



This simple well rounded blend is easy to put together and loaded with vitamins, minerals, and antioxidants.

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 1030 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 59.6%

Protein: 14.4%

Fat: 26%

Make it for the whole family:

Sip as a smoothie with your tubie!

Funky Monkey

Ingredients

- 1 cup cooked oatmeal or other whole grain cooked cereal
- 1 cup low-fat vanilla greek yogurt
- ¼ cup chopped pecans or other nuts
- 1 medium banana
- 1 cup frozen spinach or other leafy green
- 1 cup canned sweet potatoes or canned pumpkin
- 1 tablespoon real maple syrup or agave
- 1 teaspoon ground cinnamon

Preparation

1. Cook oatmeal according to package instruction, cook in water, no salt added. Let cool.
2. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
3. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

- Chef knife
- Cutting board
- Medium pot
- Can opener
- Measuring tools:
 - 1 cup
 - ¼ cup
 - Tablespoon
 - Teaspoon

Tips

- Swap out almonds or walnuts for variety.
- Also can substitute flaxseed oil, grapeseed oil, or olive oil in place of the nuts.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

© 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved