

Not So Nutty



This simple everyday blend is loaded with potassium, folate, magnesium, and probiotics.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 750 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 50.7%

Protein: 19.4%

Fat: 29.9%

Make it for the whole family:

Enjoy as a smoothie with your tubie by cutting back the green beans and adding desired amount of honey or sweetener.

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Ingredients

- 1 cup plain lowfat kefir
- 1 ½ cup skim milk (calcium fortified)
- 1 ounce unsalted walnuts
- 1 cup frozen blueberries or pitted cherries
- 1 cup frozen green beans
- ½ cup oatmeal, dry or other whole grain cooked cereal
- ¼ teaspoon ground cinnamon

Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Food scale

High powered blender

Measuring tools:

- 1 cup
- ½ cup
- ¼ teaspoon

Tips

Swap another vegetable for the green beans such as green peas, broccoli, kale, or spinach.

Milk alternatives such as soy milk or almond milk can be used for variety.



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

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