

# Rainbow Smoothie Bowl

A St. Patrick's Day themed bowl that's green, has a rainbow and pots of gold!  
This bowl is full anti-oxidants, vitamins, minerals and healthy fats. A brain-powering breakfast!

## Ingredients for Smoothie:

1 Frozen Banana  
1/2 C Frozen Spinach  
2 tsp. Ground Flax Seeds  
1/4 C. Dry Roasted Walnuts  
2 Tbsp Local Raw Honey  
3/4 C Milk of your Choice

## Building the Rainbow:

RED—Strawberries  
ORANGE—Oranges  
YELLOW—Bananas  
GREEN—Kiwi  
BLUE—Blueberries  
PURPLE—Purple Grapes  
POTS OF GOLD—Slivered Almonds

Whisking  
apples 

## Directions

CHILD: Gather all ingredients and place in blender.

ADULT: Help little ones measure. High speed blenders are best to breakdown nuts. Cover little ears, blenders can be so loud! Make sure all ingredients are well pureed. If you can, remove the blade before handing pitcher to child for pouring.

Pour smoothie into 2 large or 4 small bowls.

With an adults help, cut and slice all the fruit.

Arrange the fruits like a rainbow on your bowl, red, orange, yellow, green, blue, purple, It's a Rainbow!

Take a handful of slivered almonds and place it at each rainbow end. Now you have a Pot of Gold!

Eating a Rainbow! Enjoy!

More recipes at: [www.whiskingapples.com](http://www.whiskingapples.com)

Whisking  
apples 