YOUR FREE WELCOME GIFT

Here are your 3 kid-friendly smoothie recipes!



Welcome to the Veggie Kid community!

Three colourful recipes with hidden veggies, simple ingredients and a little sprinkle of adventure. Made for grown-ups to prepare and little explorers aged 2-8 to enjoy.

Ninja Turtle Green Elixir

VEGGIE STAR: SPINACH • PREP WITH A GROWN-UP



What you'll need

- 1 handful fresh spinach
- 1 ripe kiwi, peeled
- 150 ml apple juice

Makes one blender batch

Let's blend!

1. Wash the spinach. Peel and chop the kiwi.
2. Add everything to a blender. A grown-up blends until completely smooth.
3. Pour a small serving and enjoy together.

LITTLE EXPLORER MISSION

Can you find the kiwi in the picture? What colour is it inside?

Allergens: No major UK allergens intentionally included. Check ingredient labels and individual allergies.

Energy varies with fruit size, juice and milk choice. This batch is not a single child-sized serving.

Lightning Raspberry & Beetroot Blast

VEGGIE STAR: BEETROOT • PREP WITH A GROWN-UP



What you'll need

- 50 g raw beetroot, peeled and finely grated
- 100 g mixed berries
- 1 medium banana, peeled
- 150 ml apple juice or water

Makes one blender batch

Let's blend!

1. Wash the berries. A grown-up peels and finely grates the beetroot.
2. Add all ingredients to a blender and blend thoroughly until smooth.
3. If needed, add a little water to thin. Pour a small serving.

LITTLE EXPLORER MISSION

Spot the beetroot in the picture. Can you find three different berries?

Allergens: No major UK allergens intentionally included. Check ingredient labels and individual allergies.

Energy varies with fruit size, juice and milk choice. This batch is not a single child-sized serving.

Peter Pan’s Forest Treasure

VEGGIE STAR: AVOCADO • PREP WITH A GROWN-UP



What you’ll need

- ½ ripe avocado, skin and stone removed
- 1 juicy pear, washed and cored
- 200 ml plant-based milk or apple juice

Makes one blender batch

Let’s blend!

1. A grown-up prepares the avocado and pear. Chop the pear into small pieces.
2. Add the fruit and chosen liquid to a blender. Blend until creamy and smooth.
3. Add a splash of water if needed, then serve a small portion.

LITTLE EXPLORER MISSION

Find the pear and avocado. Which one has a big stone inside?

Allergens: Almonds if using almond milk; soya if using soya milk. Oat drinks may contain gluten. Check the chosen drink’s label.

Energy varies with fruit size, juice and milk choice. This batch is not a single child-sized serving.

More veggies.
More little adventures.



A tiny note for grown-ups

Adults handle knives, grating and the blender. Let little helpers wash produce or choose a cup. Offer a small portion, with no pressure to finish. Check every ingredient label for your child’s allergies.

Discover the full Veggie Kid club

Explore 80+ recipes across 6 categories, the interactive kids’ portal, parent dashboard and handy ingredient search links for UK supermarkets, including Asda, Morrisons, Ocado and Waitrose.

START YOUR 7-DAY FREE TRIAL

Then £4.99/month. Cancel before the trial ends to avoid a charge.
Visit smoothiekid.com for current details and terms.