

SuperKids Nutrition



Uh-oh! All of Jessie's favorite green foods got scrambled up! Can you help her sort them out?

1. RLCBCOOI
2. OODACAV
3. BMRCEUM
4. ELKA
5. REPA
6. NCIASHP
7. HUZICIN
8. IIKW
9. MIEL



Answers: 1 - broccoli, 2 - avocado, 3 - cucumber, 4 - kale, 5 - pear, 6 - spinach, 7 - zucchini, 8 - kiwi, 9 - lime

Chocolate Avocado Pudding

Rethink your snack pack. Ditch the plastic pudding cup and dig into a whole-body nourishing treat instead!

Ingredients:

- 1 large avocado
- 1/4 cup unsweetened cocoa powder
- 1/4 cup sugar
- 1/4 cup unsweetened soy or almond milk
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon

Optional Toppings:

Cacao nibs for a satisfying crunch, fresh raspberries, unsweetened coconut flakes, or garnish with mint.

Directions:

1. Place all ingredients into a blender or food processor.
2. Blend until smooth.
3. Refrigerate for 30 minutes or until chilled.
4. Dig in and enjoy!

Makes 5 servings



Up Your Game with Greens!

Green, leafy foods are super healthy for our bodies!

They are full of:

1. Vitamins & Minerals
2. Antioxidants
3. Fiber
4. Water
5. Vitamins C & E
6. Calcium

I love green foods because they are good for my whole body! - Jessie



These nutrients can give you strong bones, a healthy body, and glowing skin - so you can be the best you!