

sprout

ORGANIC



**7 WHOLESOME
SMOOTHIES
FOR JUNIOR SPROUTS**

Smoothies: The Best Way To Disguise Goodness

Our favourite healthy, superfood-loaded smoothies are easy, delicious and perfect for kids of all ages! They are super quick to blend up and make for a nutrient-packed breakfast or convenient snack.

The secret ingredient: Our Junior Plant Protein!

Chock-a-block full of goodness that your kids need to thrive, our Junior Plant Protein is an ideal way to ensure they are getting a balanced range of nutrients in their diets each day.

We hope you and your kids enjoy making these recipes as much as we do! Be sure to take a photo of your creations and remember to tag us @sproutorganic.



No Drama Berry Banana



1 cup of
frozen mixed berries



1 peeled
banana



1 scoop of
Chocolate Junior
Protein



1 and ½ cups of
oat milk

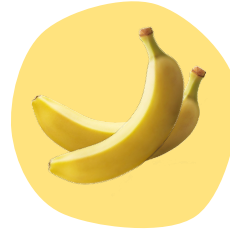


½ cup of
ice

Put it all into the blender and blend until smooth, pour into glasses.



Optimus Lime



2 peeled
bananas



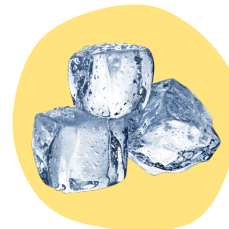
1 cup of
pineapple juice



1 scoop of
**Vanilla Junior
Protein**



1 lime
juice only



1 cup of
ice

Put it all into the blender, lid on, blend until smooth, pour into glasses.

Choco Rocko



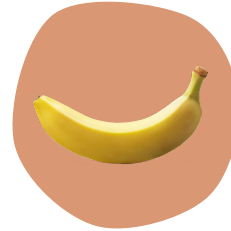
1 cup of **almonds**
(soaked overnight in
fresh, cold water)

Tip out the water you soaked
the almonds in overnight
and put them in blender.
Add 2 cups of cold water
and blend until the nuts have
blended to nut milk.



3 **Medjool dates**
(soaked overnight in
fresh, cold water)

Remove pips before
blending.



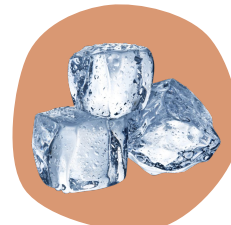
1 peeled
banana



1 scoop of
**Chocolate Junior
Protein**



½ cup of
coconut chips



½ cup of
ice

Put everything else in the blender with the nut milk, lud on and blend
until it's cream and chocolatey. Pour into glasses (add ice cube if you
like) and enjoy!



Appley Ever After



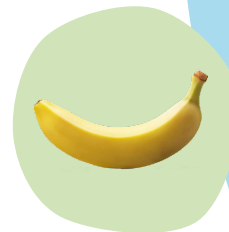
1 cup **apple
juice**



½ cup of **plain
coconut yoghurt**



¼ cup
oat milk



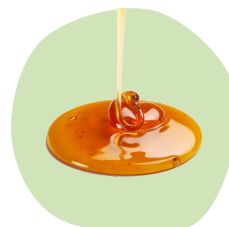
1 peeled
banana



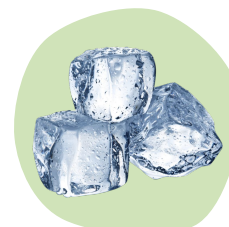
1 scoop of
**Vanilla Junior
Protein**



½ teaspoon
cinnamon



1 tablespoon of
**agave nectar, or
coconut sugar**



1 cup of
ice

Put it all into the blender, lid on, blend until smooth, pour into glasses.



Coco Loco



1 cup of
coconut water



1 peeled
banana



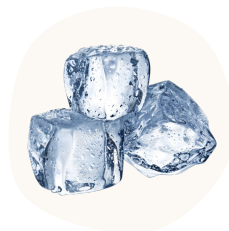
1 and ½ cups **frozen
pineapple**, roughly chopped
into large chunks



a pinch of
ground ginger



1 scoop of
**Vanilla Junior
Protein**



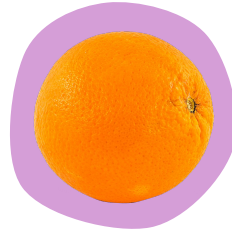
1 and ½ cup of
ice

Put it all into the blender and blend until creamy and smooth. You may have to hold the lid on with all that ice trying to jump out! With the blender turned off, use a plastic or rubber spatula to scoop into glasses or bowls and enjoy.

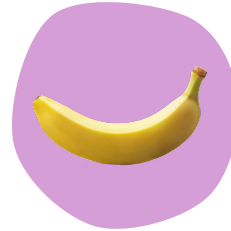
Berry Delicious



1 cup of
strawberries
(remove the green bit
on the top)



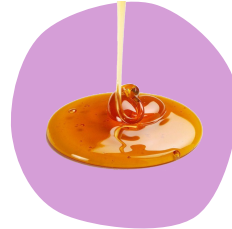
1 peeled
orange



1 peeled
banana



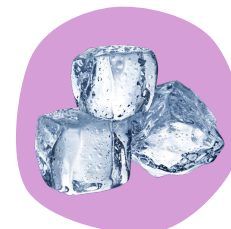
1 scoop of
**Vanilla Junior
Protein**



1 tablespoon of
agave nectar or
coconut sugar



1 cup
cold water



1 and ½ cup of
ice

Put it all into the blender and blend until smooth, pour into glasses. Place some slices of strawberry on top to look fancy.

Bluey



1 cup of
blueberries



½ cup of **plain
coconut yoghurt**



1 cup
cold water



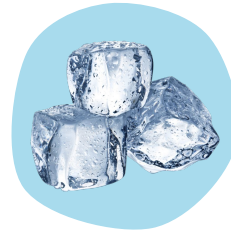
1 scoop of
**Vanilla Junior
Protein**



½ cup
organic apple juice



1 tablespoon of
**agave nectar or
coconut sugar**



Add some ice cubes
to chill your
smoothie out

Put it all into the blender and blend until smooth, pour into glasses.
Drop a few whole blueberries on top for good looks!



Subscribe and save

If your family loved these recipes and our Junior Plant Protein, subscribe and save up to 15% OFF your order!

Simply select whether you would like to receive your order fortnightly or monthly and we'll do the rest for you.

- 100% natural
- 10g of complete plant protein
- Rich in antioxidants
- Source of fruits and vegetables
- Approved by the fussiest of eaters
- Fantastic source of iron, calcium, B12 and Vitamin D

Head to the Junior Plant Protein page on our website to subscribe today and allow us to help you provide the best nutrition for your kids!

www.sproutorganic.com.au/products/junior-protein

