

Food Fun at the Market

Here is a fun way to encourage your Market shoppers to eat their greens! Blend them into a smoothie along with some tasty fruits and this recipe becomes a super healthy crowd pleaser.

Make sure you check with local Environmental Health Officer for permit requirements and that one person on site overseeing the activity has a FoodSafe certificate.

Green Smoothie Goodness

What you need:

- Disposable cups
- Blender
- Knife
- Cutting board
- Bowl to soak dates
- Kale
- Spinach
- Romaine lettuce
- Peaches (or other soft tree fruit)
- Almond Milk
- Bananas (optional)
- Pitted dates (optional)

Directions:

1. Wash your veggies and fruit.
2. Slice the stem out of the centre of the kale (unless you have a high powered blender)
3. Add the following into the blender:
 - 1 Kale leaf
 - 1/2 cup Spinach
 - 2 Romaine lettuce leaves
 - 1/2 Peach
 - 1 cup Almond Milk
 - 1/2 Banana
 - 2 or 3 Pitted dates
4. Blend on high until smooth. Serve into single serving cups and enjoy!

You'll be surprised at the reactions you'll receive with this recipe, even the most skeptical of Market shoppers will enjoy it. Make sure you print the recipe to hand out!

Source: BCAFMS Staff