



Recipe from *Easy Peas-y Cookbook for Kids* by Emily Mardell and Jessica Musslewhite

HARVEST OF THE MONTH

Ingredient: Pulses

White Bean Smoothies

PREP TIME:	5 mins
COOK TIME:	5 mins
TOTAL TIME:	10 mins
SERVINGS:	3 cup-size Servings
AUTHOR:	Emily Mardell & Jessica Musslewhite

INGREDIENTS

VANILLA BASE:

½ cup cooked/canned Great Northern or White beans
½ cup vanilla Greek yogurt
1 frozen banana
1 cup milk of choice

COMBO #1: MANGO BREEZE

½ cup frozen mango
½ cup frozen pineapple
¼ cup unsweetened orange juice
1 tablespoon hemp seeds

COMBO #2: COCOA COOKIE

1 frozen banana
2 tablespoons peanut butter
2 tablespoons unsweetened cocoa powder
¼ cup quick oats

COMBO #3: CHERRY BERRY

½ cup frozen cherries
½ cup frozen raspberries
1 handful spinach
1 tablespoon chia seeds

INSTRUCTIONS

1. Place Vanilla Base ingredients to the blender.
2. Add Combo of choice ingredients to the blender.
3. Blend until smooth and creamy.