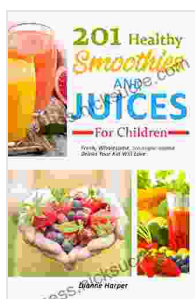


# Fresh, Wholesome, No Sugar Added Drinks Your Kid Will Love

As a parent, you want to give your child the best possible nutrition. That means providing them with healthy foods and drinks that will help them grow and thrive. But it can be difficult to find healthy drinks that kids actually enjoy. Many popular drinks for kids are loaded with sugar and other unhealthy ingredients.



## 201 Healthy Smoothies And Juices For Children: Fresh, Wholesome, No-sugar-added Drinks Your Kid Will Love

by Alexandria Moran

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 238 pages



That's why we've put together this list of six delicious no sugar added drink recipes that your kids will love. These drinks are made with fresh, wholesome ingredients and are free of added sugar and artificial sweeteners. They're perfect for breakfast, lunch, dinner, or a snack.

### 1. Strawberry Banana Smoothie



- 1 cup frozen strawberries
- 1 banana, peeled and frozen
- 1 cup milk (dairy or non-dairy)
- 1/2 cup plain yogurt (dairy or non-dairy)

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into a glass and enjoy!

## 2. Apple Cinnamon Oatmeal Smoothie



- 1 cup cooked oatmeal

- 1 apple, peeled and cored
- 1/2 teaspoon ground cinnamon
- 1 cup milk (dairy or non-dairy)
- 1/4 cup plain yogurt (dairy or non-dairy)

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into a glass and enjoy!

### **3. Mango Peach Smoothie**



- 1 cup frozen mango chunks
- 1 cup frozen peach chunks
- 1 cup milk (dairy or non-dairy)
- 1/2 cup plain yogurt (dairy or non-dairy)

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into a glass and enjoy!

#### 4. Watermelon Lemonade



- 4 cups cubed watermelon

- 1 cup lemon juice
- 1/4 cup water

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Strain the mixture through a fine-mesh sieve into a pitcher.
3. Serve over ice and enjoy!

## **5. Sparkling Berry Refresher**



- 1 cup mixed berries (such as strawberries, blueberries, and raspberries)
- 1 cup sparkling water
- 1/4 cup lime juice
- 1 tablespoon honey or maple syrup (optional)



## Instructions:

1. In a glass, combine the berries, sparkling water, lime juice, and honey or maple syrup (if using).
2. Stir until the honey or maple syrup is dissolved.
3. Serve over ice and enjoy!

## **6. Chocolate Milk**

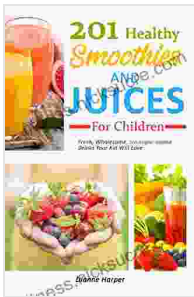


- 1 cup milk (dairy or non-dairy)
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon honey or maple syrup (optional)

Instructions:

1. In a glass, combine the milk, cocoa powder, and honey or maple syrup (if using).
2. Stir until the cocoa powder is dissolved.
3. Serve over ice and enjoy!

These are just a few of the many delicious no sugar added drinks that you can make for your kids. With a little creativity, you can create your own unique and healthy recipes that your kids will love.



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