



Supergreen Smoothie Machine

- 1 (2 oz.) **Square One Organic Spinach cup**, frozen
- 1 cup frozen organic blueberries or cherries or apples
- 1 cup Vanilla Rice Dream® rice milk
- ½ cup Rice Dream® organic vanilla non-dairy frozen dessert
- 1 tablespoon organic Agave nectar or 2 pitted organic dates (optional)



Run frozen spinach cup briefly under warm water to loosen. Remove foil and pop spinach into blender container. Add remaining ingredients. Blend until smooth.

Yield: 1 ¾ cups

Tip: Smoothie Popsicles

Spoon any extra smoothie mixture into 3-oz paper cups. Insert one baby spoon into each cup to use as the popsicle stick. Freeze until mixture is solid. Peel cup from popsicle.

You can also use BPA-free popsicle molds. Check out these cut popsicle molds from Land of Nod. They are BPA-free!

<http://www.landofnod.com/all-meal-time/kids/ring-around-the-frozen-pops/f7036>.

The Children's Book Pairing with this recipe is:

Handy Manny: Oscar's House of Smoothies

Written by Marcy Kelman and Alan Batson

On the SQ1 Children's CD rock out to the "Greens" song!