



Berry Banana Smoothie

Maintenance to be mixed into your smoothie: milks, yogurts, nuts, seeds

Ingredients:

- 1 frozen banana
- 1-2 cups frozen mixed berries
- 1-2 cups coconut/almond/oat milk (if uncapped or cleared to eat coconut/almond/oat)
- Maintenance milks, yogurts, nuts, seeds

Instructions:

1. Place your fruits and milks/yogurts into your blender
2. Blend until smooth
3. Add ice as needed to make thicker/colder
4. Add in your maintenance nuts/seeds and pulse blend.
5. Pour into glass and serve immediately. Your child **MUST** chew the smoothie a few times before swallowing for oral exposure.



Note: Your smoothie may not be as bright pink / red as the photo with nuts blended in.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: milk, tree nuts