

Toddler Smoothie

A fruit and vegetable smoothie that makes a great breakfast alternative for a toddler.

Recipe by [Kathy Hale](#) | Created on **Nov 13, 2021**

Ingredients

- 1 sweet potato
- 1 banana
- ¼ cup plain Greek yogurt
- ¼ cup orange juice
- 4 strawberries, or more to taste

Directions

- Prick sweet potato all over with a fork. Microwave on high in 2-minute intervals until tender, turning halfway through, 8 to 10 minutes. Cool sweet potato until easily handled, about 10 minutes.
- Peel sweet potato and mash coarsely with a fork. Measure out 2 tablespoons and place in a blender. Add banana, Greek yogurt, orange juice, and strawberries; blend until smooth.

Nutrition Facts

Serving: **4 servings** | Calories: **116.3 kcal** | Carbohydrates: **24.5 g** | Protein: **2.4 g** | Saturated fat: **0.7 g** |
Cholesterol: **2.8 mg** | Sodium: **47.8 mg** | Fiber: **3.3 g** | Sugar: **9.3 g**

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