

Sapote Smoothies:

Sapodilla- This small sapote is very small and has a rich, caramel and brown sugar flavor. Sapodillas do not have as thick of texture so blend with fruits that are not water rich or add a banana to thicken. Blend with 1 or 2 bananas and mix with tangerine or pineapple.

Tropical Sapote Smoothie:

2 sapodilla, peeled and deseeded

1 cup mango, peeled and pitted

½ cup pineapple, cubed

Yield: 2 servings (1/2 cup each)

Serving Size: Each serving provides a ½ cup fruit/vegetable at snack for children 3-5 years.

Mamey- these are much larger, they pack a lot of calories and nutrition and are perfect for using for meal replacement smoothies. They have a reddish-orange flesh with a flavor reminiscent of pumpkin. Blend with banana and other fruit to accent the flavor.

Mamey Smoothy

1 mamey, peeled and pitted (1 ½ cups fruit)

1 banana, peeled and mashed (1 cup fruit)

2 tangerines, peeled and deseeded (1/2 cup fruit)

2 tsp chia seeds, ground

2 cups fresh baby spinach (or other leafy green)

8 oz. of coconut water

Yield: 4 servings

Serving Size: Each serving provides ½ cup fruit/vegetable at snack for children 3-5 years.

Black Sapote- has a very thick, pudding like texture with mild chocolate flavor. Blend with water rich fruit. If you blend with banana or other base fruits, add a little additional water.

Black Sapote Pie Smoothie

1/3 cup black sapote, mashed

1 1/4 cup banana, peeled, mashed

1 tsp. fresh ginger, grated

1 dash cinnamon

¼ vanilla bean

8 oz. of water or coconut water

Yield: 2 servings

Serving Size: Each serving provides a ½ cup fruit/vegetable at snack for children 3-5 years.