

# Kale Orange Banana Smoothie

Healthy Cooking in the Classroom

**BONUS  
RECIPE!**



## Here's What You Need:

- 1 orange
- 2 ripe bananas
- 1 large kale leaf
- ½ cup water

## Here's What You Do:

1. Blend the orange in the blender until mostly juice.
2. Add the water and torn kale leaf; blend again on high speed until the kale is liquefied.
3. Break the banana into chunks and add to the blender. Start blending on a lower speed until the banana is incorporated. Increase speed to blend the mixture into a pudding-like texture.

As a non-profit organization, Family Wellness is dedicated to providing need based community programming to children, adults, and families in our area. The Healthy Cooking in the Classroom Program is a part of the Inspire Wellness Initiative which helps people in our area to cook well, move well and live well for life.

## Enjoy Healthy Cooking in the Classroom? Join us for our After School Healthy Cooking Program!

Tuesdays, January 9th - February 13<sup>th</sup> OR Wednesdays, January 10th - February 14<sup>th</sup>, from 3:15 PM – 4:15 PM  
Tuesdays, February 20th - March 27<sup>th</sup> OR Wednesdays, February 21st - March 28<sup>th</sup> from 3:15 PM – 4:15 PM  
Tuesdays, April 3rd - May 8<sup>th</sup> OR Wednesdays, April 4th - May 9th from 3:15 PM – 4:15 PM

Family Wellness wants to invite you to join us in the kitchen this school year with our After School Healthy Cooking Program! This hands on learning experience will have you slicing and dicing your way to become the next top chef.

It is a 6 class program that allows kids to cook and taste test a new recipe each day. So grab your apron and a spatula and come see what we are stirring up in the Family Wellness After School Healthy Cooking Program! \$60 Members/ \$66 NonMembers. Call 701.234.2400 or register online at [www.familywellnessfargo.org](http://www.familywellnessfargo.org). Grades 1-5.

## THANK YOU TO OUR HEALTHY COOKING IN THE CLASSROOM SPONSORS



**SCHEELS**



Interested in learning more, donating or volunteering with Inspire Wellness, contact Angie at [Angela.Hasbrouck@sanfordhealth.org](mailto:Angela.Hasbrouck@sanfordhealth.org) or call 701.234.7294.

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