

ALTERNATIVES TO JUICE

From a nutritional standpoint, fruit juices provide little nutritional value and way too much sugar, even 100% pure fruit juices. This is because fiber has been removed from the whole fruit during the juicing process. Fiber is essential for regulating the absorption of sugar, including fruit sugar, in the small intestine – our site of digestion. Even juices diluted with water provide too much sugar because the fiber is still missing. It is best to puree fresh fruits & add water. This retains the fruit fiber. Below are healthier thirst-quenching options for your child. However, keep in mind that nothing provides better nutrition than consuming whole piece of fruit and a cool cup of water.

* Berry-Berry smoothie

1 cup soy milk

1/2 cup fresh or frozen mixed berries (blueberry, raspberry, blackberry, or strawberry)

1/2 banana

1 - teaspoon almond or cashew butter

1 - teaspoon flax oil

Blend all ingredients together & serve cold. Optional: add soy or rice protein powder for extra protein boost!

* Pear shake

1 cup soy milk

1 whole, very ripe pear (freezing it first gives the shake a frostier consistency when blended)

1-2 drops pure vanilla extract

1/2 teaspoon maple syrup or brown rice syrup

Add soy or rice protein powder for extra protein boost!

Blend all ingredients & serve cold. Optional: reduce amount of soy milk used to make thicker – this can be used as an ice cream alternative.

* Herbal Popsicle

Prepare teas using Raspberry, Mint, Chamomile, Elder flowers, and Lemon Balm. Steep 1 tablespoon of each herb in 1 quart (liter) of boiling water for 15 minutes. Strain herbs and add 1-2 tablespoon lemon juice and 2 teaspoons vegetable glycerine or brown rice syrup. Pour into popsicle molds, ice trays, or cupcake molds & freeze. May be served as popsicles or crushed and served as slushes.

*This is a great way to get fluids & herbs into your child during fever.

* Toddler Pina Colada

1/4 cup soy milk

1/2 cup unsweetened coconut milk

1/4 cup pineapple slices – freeze these first for frosty consistency when blended

Blend together and serve cold.