The Super Crew’s Tasty Smoothie Ingredients

Directions: Help Jessie, Tom-Tom, and Super Baby Abigail switch up their smoothie flavors. Find the missing ingredients below, then circle those you want you try in your next smoothie!

Avocado
Banana
Ginger
Pineapple
Kale
Pumpkin
Spinach
Carrots
Oat Milk
Mint

Plant-Based Proteins for the Win!

November is World Vegan Month! Plant foods like fruits, vegetables, beans, and whole grains, help keep our hearts strong and healthy. Let’s celebrate by eating some of our favorite foods – plant-based style! Help Carlos create some new ideas:

Try a nut butter and ______________ sandwich on whole grain bread.
(your favorite fruit)

______________ and ______________ dipped in hummus
a veggie you like a veggie you like

Brown rice and ______________ with guacamole and salsa.
your favorite bean

Taste New Foods

Draw or write down some new plant-based snacks you’ll try this month!