

Mouth-friendly recipe:

Skyler Singlehorn's favorite smoothie

Let's make a smoothie with Skyler's favorite colors! It doesn't take magic, but it does wonders for your mouth. That's because it's full of healthy fruits and packed with calcium. And it tastes as good as it looks!



Here's what you need

- 1 cup low-sugar strawberry Greek yogurt
- 1 banana
- 1 cup frozen mixed berries
- Blue, green, yellow and red food coloring
- A grown-up to help

Here's how to make it

1

Have an adult blend the yogurt, banana and frozen berries in blender until smooth.

2

Pour part of the purple smoothie mixture into a glass for the first layer. You won't need any of the food coloring for this one!

3

Pour equal amounts of the remaining purple smoothie into three dishes.

4

Put food coloring in each dish until you get the color you want. Blue for the blue layer. Green for the green layer. Yellow and red for the orange layer.

5

Add the blue, green and orange smoothies on top of the purple smoothie, one layer at a time.

6

Enjoy your colorful creation!