
THE CrossFit *kitchen* K I D S



Sweet Cheeks Headquarters

SMOOTH SILENCE

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Sweet Cheeks Headquarters

overview

The average child asks (brace yourself) 500 to 600 questions every day. If your ears and brain need a break, make your inquisitive little guys one of these smoothies. Make it thick and serve it with a straw. They'll be sucking on this for at least 15 minutes, giving you a quiet, question-free heaven.

serves 3

ingredients

- 1 cup full-fat coconut milk
- 3 bananas (frozen and chopped)
- 2 tbsp. almond butter
- 2 tsp. cocoa powder
- 1 tsp. cinnamon
- 1/3 cup of water

notes

This smoothie can be used for breakfast on the go, as a snack or for dessert!

directions

1. Add everything into a blender and blend until smooth.
2. Serve immediately and enjoy!