



# Kid-Friendly Mocktail Recipes

## Strawberry Lemonade

### Ingredients

2 cups Heartland Foods Organic strawberries, thawed  
1/4 cup sugar or more to taste  
2 cups fresh squeezed lemon juice (2-3 lemons)  
sliced lemons and mint sprigs for garnish

### Directions

1. Put all the ingredients in a blender.
2. Blend until smooth.
3. Add a little water and sugar until you've reached the consistency and sweetness desired.



## Frozen Berry (Hidden Veggie) Smoothie

### Ingredients

1/2 cup Heartland Foods Organic carrots  
1/2 cup Heartland Foods Organic strawberries  
1/2 cup Heartland Foods Organic blueberries  
1 cup orange juice  
1/2 cup Greek yogurt  
1 tablespoon honey

### Directions

1. Put carrots and orange juice in a powerful blender, and blend until creamy and smooth.
2. Set the smoothie aside until ready to serve.
3. Add frozen berries and organic greek yogurt into your blender and mix until smooth.
4. Then pour the two smoothies into a high glass, garnish with fresh mint for extra freshness and enjoy!

