DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Johnathan Knox				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Harrison			
AGE DIVISION	☒ Junior	☐ Intermediate	☐ Senior	

Name of Recipe: Johnathan's Kale Smoothie		
Prep Time: 5 minutes	**Cook Time:** 10 minutes	**Cost:** $4.54

Type Recipe Here:

Johnathan's Kale Smoothie
Makes 4 10 ounce servings

1.5 cups of yogurt
1 cup of water
9 kale leaves
1 sliced frozen peach
1 cup of frozen blue berries
1 cup of frozen halved strawberries
1 - 2 Tablespoons of honey

1. Measure the 1.5 cups of yogurt into the vitamix container.
2. Measure 1 cup of water into the container.
3. Wash the kale leaves and add to the container and push down.
4. Add the frozen sliced peach to the container.
5. Measure 1 cup of frozen blue berries.
6. Measure 1 cup of frozen halved strawberries.
7. Blend mixture in vitamix starting at 1, moving to speed 10 and flipping blender to high. Mix until the vortex forms. Measure in 1-2 Tablespoons of honey into vortex and mix.
8. Pour into 4 glasses and serve immediately.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020