

Three Refreshing Lunch Box Drinks

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.



An important component of a healthy lunch box is including a drink bottle of water. This is the simplest and most effective way to ensure your child stays hydrated at school. In addition to your bottle of water, you could also include another drink which can add to the variety and give them additional nourishment. Today, I share with you 3 refreshing drinks.

1. Flavoured Water

The night before, add some cut fruit to drink bottle of water and allow the flavour of the fruit to infuse in the water. Strawberry is often well received by children, but lemon is also refreshing. Or try this Jamie Oliver recipe <http://rootcau.se/lq>.

2. Simple Green Smoothie

This smoothie tastes like banana, but includes strawberries and baby spinach. Lots of lasting energy in this one. It's dairy free but the consistency is like having banana smoothie made on yoghurt. Trust me, kids love this at the Mad Food Science Classes and go back for seconds. Visit <http://rootcau.se/lp> for recipe.

3. Pina Broccoli Smoothie

With the great taste of banana, pineapple and coconut milk, you can't even taste the broccoli in this. Visit <http://rootcau.se/lp> for the recipe and read the great benefits of broccoli too.



Pina Broccoli Smoothie

Ideas

- Make these the night before and refrigerate them.
- Freeze them overnight in warmer months and they'll not only be refreshing at recess or lunch, but they'll act as an ice brick too.

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at therootcause.com.au.