

MOUTH HEALTHY *Cookbook*





About *Delta Dental of Arizona*

Delta Dental of Arizona has nearly 50 years of experience insuring healthy smiles across Arizona. Our mission is to improve lives by promoting optimal oral health and one way we do this is through the work of our Foundation. Since 2010, our Foundation has worked with nonprofit partners across the state to support oral health education and disease prevention programs for underserved and uninsured communities in Arizona. We look forward to many more years of insuring healthy smiles and sharing our Smile Power with all Arizonans!



Neighborhood Outreach Access to Health

About *NOAH*

Neighborhood Outreach Access to Health, NOAH, serves more than 45,000 diverse and unique patients every year across Maricopa County, Arizona. Our nonprofit health centers serve everyone, every age, regardless of insurance or income. NOAH's whole-person healthcare model includes general family medical care, pediatrics, prenatal, dental, nutrition services, counseling, psychiatry, and community resources to help close gaps of unmet needs that many medically underserved community members experience. NOAH is transforming the health of our community and finding health care solutions for all - one patient at a time.

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Open up and say- **YUM!**

Tickle your tastebuds with this collection of Mouth Healthy recipes curated by nutrition and dental experts through a partnership between Delta Dental of Arizona and NOAH.

The foods you eat impact your oral health. A diet rich in lean protein, calcium, fiber, and antioxidants paired with low sugar and acidity is the perfect recipe for healthy teeth and gums.

Bonus, in this case what's good for the teeth is also good for your whole body so you can whip up any of these recipes and feel confident about serving a nutrient packed dish for the entire family.

Whatever you're craving, these tasty recipes are sure to hit the spot. Make one or two today and let us know what you think!

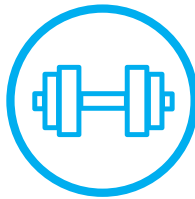


Look For Mouth Healthy Nutrition:

These icons show the Mouth Healthy benefits of each recipe to boost your oral health.



Lower in Sugar – these foods are lower in sugar than similar recipes or what you might find prepared or packaged at the store or restaurant. Foods with lower sugar prevent tooth decay.



Good Source of Protein – lean proteins are a good source of phosphorus which works with calcium to promote strong tooth enamel.



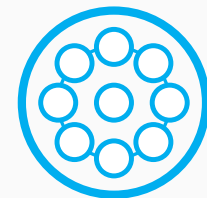
Lower in Acid – these recipes are lower in acid than similar recipes, or what you might buy prepared or packaged at a store or restaurant. Food with too much acid can lead to erosion of tooth enamel and even tooth decay.



Good Source of Fiber – fiber foods require more chewing which cleans the surface of the teeth and removes food particles while stimulating saliva production. Win-win-win!



Good Source of Calcium – calcium keeps your teeth strong, especially tooth enamel, defending your teeth against erosion and cavities.



Good Source of Antioxidants – antioxidants, including vitamins A, C, E, and K help prevent plaque buildup, fight gum disease, and heal and repair soft tissue.



BREAKFAST

Breakfast Bean Burritos

This recipe includes plenty of vegetables and delicious fiber-filled beans for a healthy and filling breakfast. The best part is you can add any toppings you love like avocado, cilantro, lime, hot sauce, salsa, and more.

Ingredients

- 2 cloves garlic, minced
- ¼ cup onion
- 1 Tbsp oil
- 12 whole eggs or 16 egg whites
- ¼ cup skim milk
- ¼ tsp salt
- ¼ tsp pepper
- 1 cup fresh spinach or frozen spinach thawed
- ½ cup reduced-fat cheddar cheese, shredded
- 4 oz can of green chiles, drained
- 15 oz can of black or pinto beans, rinsed and drained
- 10 whole wheat tortillas 6-7 inches
- Toppings: avocado, cilantro, jalapeños, lime, hot sauce, salsa, green onion, and fat-free plain yogurt

Directions

1. Crack the eggs into a medium bowl and add milk. Whisk until well blended.
2. Add the eggs to the saucepan. Cook on medium heat until eggs are firm, stirring frequently.
3. Add spinach and cheese. Cover the saucepan and turn off the heat. Keep covered until spinach is wilted and cheese is melted; 3 to 5 minutes.
4. Add the chiles and beans to the eggs and stir until ingredients are evenly distributed.
5. Consider warming the tortillas in a frying pan or in the microwave.
6. Spoon equal amounts of the egg and bean mixture into each tortilla, leaving yourself enough room to fold the burrito.
7. Serve warm with hot sauce or salsa. The remaining burritos can be wrapped in parchment paper and stored in the refrigerator or freezer. The parchment makes it easy to label/date and warm up in the microwave. You can store burritos in a rectangular or square size container.



BREAKFAST

Grilled Portobello Egg Sandwich

Healthy and delicious, this Grilled Portobello Egg Sandwich is easy to make and a nutritional powerhouse, packed with antioxidants, beneficial minerals, and low in fat.

Ingredients

- 1 Tbsp extra virgin olive oil
- 1 clove garlic, minced
- 1 tsp oregano
- Salt and pepper to taste
- 2 portobello mushroom caps
- 2 eggs, use egg whites if preferred

Directions

1. Preheat griddle or grill to high.
2. Combine olive oil, garlic, oregano, and salt and pepper in a bowl and mix well, add mushroom caps and marinate until ready to grill.
3. Place on grill and cook for about 8 minutes or until heated all the way through, flipping to get grill marks on both sides.
4. Cook eggs as desired (scrambled or over easy), combining with other desired ingredients, like onion, bell pepper, spinach, tomato, cheese, cilantro, feta cheese, green onion, etc.

Note: Mushrooms can become soft after cooking and may be difficult to eat as a sandwich; try making open-faced and adding wheat toast and more vegetables for a well-balanced breakfast.

Servings





BREAKFAST

Peanut Butter Overnight Oats

Overnight oats are a treat first thing in the morning, offering plenty of protein, fiber and healthful nutrients that will help you feel fuller longer. Preparing these the night before only takes a few minutes. This can be served cold or warm.

Ingredients

- ½ cup unsweetened plain almond milk (sub favorite low-fat milk)
- ¾ Tbsp chia seeds
- 2 Tbsp nut butter
- Maple syrup (sub coconut sugar, organic brown sugar, or stevia to taste)
- ½ cup oats
- Your choice of fruit, flaxseed, granola, or other topping

Directions

1. In a glass jar or bowl with a lid, add almond milk, chia seeds, peanut butter, and maple syrup (or another sweetener) and stir to combine. Don't worry if the peanut butter doesn't completely mix with the almond milk, it leaves swirls of peanut butter to enjoy the next day!
2. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been immersed in the milk mixture.
3. Cover securely with a lid or seal and store in the refrigerator overnight (or for at least 6 hours) to set/soak.
4. The next day, open and enjoy as is or garnish with desired toppings.

Note: Overnight oats will keep in the refrigerator for 2 to 3 days, though best within the first 12 to 24 hours. Not freezer friendly.

Servings





BREAKFAST

Tofu Breakfast Scramble

This tofu scramble is a classic heart healthy vegan breakfast that's packed with nutrients and tons of flavor! This complete meal is a great way to start your day.

Ingredients

- 2 Tbsp nutritional yeast
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp salt
- ¾ tsp turmeric
- ¼ tsp garlic powder
- 1 Tbsp olive oil
- 1 ½ cups sliced button mushrooms
- 1 red pepper, diced
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 16 oz block medium-firm tofu
- 2 cups canned black beans, drained and rinsed

Directions

1. Add all of the spices into a bowl and stir to combine.
2. Heat a large skillet over medium-high heat and add the olive oil. When hot, add the mushrooms, pepper, onion, and garlic and sauté for about 8 minutes until everything just starts to brown.
3. Add the tofu block and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix and black beans. Heat through for another 5 to 8 minutes until hot.
4. Serve hot with whole-wheat toast.



Servings





BREAKFAST

Very Berry Parfait

Wake up with a tasty, exciting, berry parfait packed with antioxidants, fiber and just enough sweetness to get you going in the morning.

Ingredients

- ½ cup plain, non-fat Greek yogurt
- ¼ cup mixed berries
- 2 Tbsp granola

Directions

1. Place yogurt in a small bowl.
2. Prepare the berries by washing and cutting larger berries into small pieces. Add berries on top of yogurt.
3. Sprinkle granola on top of the parfait. If your granola does not have any nuts or seeds, add an additional tablespoon for added fiber and protein.

Servings





Cheesy Chicken Broccoli Casserole

This cheesy, comfort dish is loaded with calcium, vitamin C, fiber, and phosphates, which help put minerals back in your teeth and rebuild enamel.

Ingredients

- 2 lbs of boneless skinless chicken breasts
- ½ tsp garlic powder
- Salt and pepper to taste
- 12 oz frozen broccoli florets, thawed
- 2 cans (10.5 oz each) condensed broccoli cheese soup
- 1 cup shredded sharp cheddar cheese

Directions

1. Preheat oven to 375°F.
2. Place chicken breasts in a large baking dish.
3. Sprinkle garlic powder, salt, and pepper over chicken.
4. Spread broccoli florets on top.
5. Pour broccoli cheese soup over chicken and broccoli, covering evenly.
6. Top with shredded cheddar cheese.
7. Bake for 45 to 55 minutes or until chicken is cooked to an internal temperature of 165°F.
8. Enjoy!



MAIN

Southwestern Sweet Potatoes

Spicy foods, like chili peppers, are rich in vitamins, minerals and antioxidants. Sweet potatoes contain high amounts of vitamin A and C, great for maintaining good gum health.

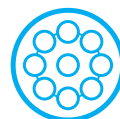
Ingredients

- 4 sweet potatoes
- 2 tsp olive oil
- 2 garlic cloves, minced
- 1 lb chicken breast, cut into 1-inch cubes
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp dried oregano
- ¾ tsp salt
- ¼ tsp granulated garlic
- ¼ tsp pepper
- 15 oz black beans, rinsed
- ⅓ cup red enchilada sauce
- ¼ cup shredded white cheddar cheese
- 1 small red onion, sliced
- 1 jalapeño, sliced
- Toppings of your choice

Directions

1. Wet some paper towels and place on a plate large enough to hold sweet potatoes.
2. Pierce potatoes with a fork and place on wet paper towels. Microwave on high for 5 minutes, then turn potatoes over and microwave for another 5 minutes.
3. While potatoes cook, heat olive oil in a nonstick skillet over medium-high heat. Sauté minced garlic for 3 minutes.
4. In a small bowl, combine cumin, chili powder, oregano, salt, granulated garlic and pepper together.
5. Combine chicken and half of the spice mixture in a small bowl.
6. Add chicken to skillet and cook until done. Reduce heat to medium.
7. Add beans, enchilada sauce and remaining spice mixture to skillet. Cook until mixture is heated through, about 3 minutes.
8. Split potatoes lengthwise and fluff with a fork. Divide the mixture evenly over the potatoes. Top each potato with cheese, red onion and jalapeños.
9. Add your favorite toppings such as sour cream or guacamole to your potato.
10. Enjoy!

Servings





Honey Garlic Chicken with Vegetables

This is one of the easiest recipes for a complete and filling meal. Everything goes into a slow cooker and several hours later, you have a healthy and delicious meal!

Ingredients

- 8 bone-in chicken thighs
- 16 oz baby red potatoes, halved
- 16 oz baby carrots
- 16 oz green beans
- 2 Tbsp chopped fresh parsley leaves

For the sauce

- ½ cup reduced sodium soy sauce
- ¼ cup honey
- ¼ cup ketchup
- 2 cloves garlic, minced
- 1 tsp dried basil
- ½ tsp crushed red pepper flakes
- ¼ tsp pepper

Directions

1. In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes, and pepper.
2. Place chicken thighs, potatoes, carrots, and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7 to 8 hours or high heat for 3 to 4 hours, basting throughout. Add green beans during the last 30 minutes of cooking time.

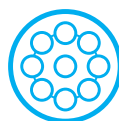
OPTIONAL: Turn oven to broil. Place chicken thighs onto a baking sheet, skin side up, and broil until crisp, about 3 to 4 minutes.

3. Serve chicken immediately with potatoes, carrots, and green beans, garnish with parsley, if desired.

Note: Brown rice, white rice, or quinoa are good substitutes for potatoes.



Servings





Lemon Dill Salmon

Salmon is a great source of protein, rich in omega-3 fatty acids, and high in B vitamins. Fresh lemon juice enhances this delicious dish and gives a boost of vitamin C.

Ingredients

- ¼ cup unsalted butter, melted
- ¼ cup freshly squeezed lemon juice
- Zest of one lemon
- 2 cloves garlic, minced
- 1 tsp dried dill
- Salt and pepper to taste
- 2 lbs salmon

Directions

1. Preheat oven to 375°F. Line a baking sheet with a large enough piece of foil to wrap the salmon entirely.
2. In a small bowl, whisk together butter, lemon juice, lemon zest, garlic, dill, salt, and pepper.
3. Place salmon onto prepared baking sheet and fold up all 4 sides of the foil. Spoon the butter mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
4. Place into oven and bake until cooked through, about 15 minutes.
5. Serve immediately, garnish with dill, if desired.





MAIN

Sausage Tamale Pie

This sausage tamale pie is savory, satisfying, and loaded with flavor for a great meal anytime!

Ingredients

- 1 large link of Italian sausage
- 15 oz can of corn, drained and rinsed
- 1 bell pepper (any color), chopped
- 8.5 oz box of corn bread mix
- 1 egg
- 1/3 cup skim milk
- 1/3 cup shredded cheddar cheese, use low-fat if possible
- Cajun seasoning: combination of paprika, cayenne pepper, garlic powder, white pepper
- 2 Tbsp fresh cilantro leaves, chopped
- 2 Tbsp of your favorite hot sauce
- 1/2 cup low-fat sour cream

Directions

1. Preheat the oven to 400°F.
2. Remove Italian sausage from casing and break into small pieces. This can be pre-cooked or not.
3. Chop bell pepper and drain and rinse canned corn.
4. Start assembling ingredients into a small to medium sized baking dish. Layer the sausage, shredded cheese, corn, and bell peppers. Evenly sprinkle the Cajun seasoning on top.
5. Prepare the corn bread mix as directed on the package (add hot sauce, if desired). Evenly pour the corn bread batter over the top (may not cover completely if using a larger baking dish).
6. Cook for at least 25 to 30 minutes, or until the sausage reaches an internal temperature of 160°F.
7. Garnish with cilantro, a dollop of non-fat sour cream and enjoy.

Servings





MAIN

Vegetable Tofu Stir Fry

This flavorful vegetarian dish is simple to make and loaded with nutrients for a complete meal.

Ingredients

- 1 package extra firm tofu
- 1 Tbsp vegetable oil
- 2 cups broccoli florets, frozen or fresh
- 2 cups snow peas, frozen or fresh
- 8 oz can of water chestnuts, drained
- ¼ cup low-sodium soy sauce
- 3 Tbsp chopped garlic in olive oil
- 1 Tbsp sesame oil
- ½ tsp red pepper flakes
- 2 cups cooked soba noodles, follow package directions
- 1 Tbsp black sesame seeds

Directions

1. Slice tofu into 4 to 5 long pieces, place on a towel or paper towel, add another towel on top with a cutting board over that. Gently but firmly press the water out of the tofu or place some heavy items on top of the cutting board and let sit for 15 minutes.
2. Sauté vegetables over medium heat in a large pan with sesame oil and garlic for about 5 minutes.
3. Stir in soy sauce and red pepper flakes. Cover and continue to cook for 10 minutes, stirring occasionally.
4. In a separate pan, sauté the pressed tofu in vegetable oil over medium heat. Cook for about 5 minutes on each side.
5. Serve tofu and vegetables over soba noodles, top with sesame seeds.

Servings



Fermented foods like tofu contain **probiotics**, which have been shown to fight plaque, cavities and help fight gum disease.



SNACK

Creamy Vegetable Dip

This dip packs lots of flavor, goes great with different types of vegetables, and can be a versatile addition to enhance other dishes as well.

Ingredients

- ½ cup mayonnaise
- ½ cup low-fat plain yogurt
- 1 tsp garlic salt
- 1 tsp onion powder
- 1 dash pepper
- 1 dash Italian seasoning, or more to taste

Directions

1. Combine the yogurt and mayonnaise.
2. Add seasonings and whisk together until evenly blended.
3. Add more seasoning to taste.
4. Cover and chill in the refrigerator for 2 hours before serving.
5. Serve with cut vegetables like carrots, celery, broccoli, and bell peppers.

Servings





Crispy Roasted Chickpeas

Looking for a healthy, savory snack? Look no further. Not only are these little legumes packed with protein and nutrients, they are also full of fiber and low in fat!

Ingredients

- 15 oz can of chickpeas/garbanzo beans
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp chili powder

Directions

1. Preheat oven to 400°F. Coat a baking sheet with non-stick spray.
2. Drain and rinse chickpeas/garbanzo beans. Thoroughly pat dry. Discard any skins that are removed as you dry them.
3. Arrange beans in a single layer on a baking sheet. Bake for 15 minutes.
4. Rearrange beans on the sheet by gently shaking the sheet (using oven mitt). Bake until browned, about another 15 to 25 minutes.
5. Transfer beans to a medium bowl. Drizzle olive oil and seasoning over beans and toss to coat.
6. Let cool before serving and enjoy!

Note: If you like things spicy, add cayenne powder to taste.



Three Ingredient Cookies

This easy snack is very kid-friendly and low in sugar.

Ingredients

- 2 ripe bananas, mashed
- 1 cup oats
- ¼ cup crushed walnuts or pecans

Directions

1. Preheat oven to 350°F.
2. Cover a cookie sheet with parchment paper or baking spray.
3. Combine the mashed bananas and oats in a bowl. Fold in the nuts.
4. Drop a spoonful of batter onto the cookie sheet for each cookie and bake for 15 minutes.
5. Let cool before enjoying these healthy, no-sugar-added treats!



Oatmeal Energy Bites

A filling snack, these energy bites are a great pick-me-up any time of day!

Ingredients

- 2 cups oats
- 1/3 cup maple glazed pecans
- 1/2 cup maple syrup
- 1/3 cup mini dark chocolate chips
- 1/2 cup dried cranberries
- 1/2 cup creamy peanut butter, no-stir peanut butter is best, may need to adjust amount of peanut butter to get the texture you want
- 1 tsp cinnamon
- 1 tsp vanilla extract

Directions

1. Chop/grind the maple glazed pecans (blender works best) and transfer to a mixing bowl.
2. Mix in oats, chocolate chips, dried cranberries, and cinnamon.
3. Add peanut butter and stir.
4. Add half of the vanilla and maple syrup and mix well. Add remainder of liquids as needed until batter thickens.
5. Chill batter in fridge for 20 to 25 minutes.
6. Roll into 1-inch balls and place on a cookie sheet lined with parchment paper.
7. Place cookie sheets in the freezer for 20 to 30 minutes, then store in a food storage bag or container.



Refreshing Vegetable Salsa

Satisfying, filling, and loaded with great ingredients, this salsa will excite your tastebuds any day of the week.

Ingredients

- 15 oz can of whole kernel yellow corn (drained)
- 1 avocado, diced into small chunks
- 3 Roma tomatoes, seeded and diced
- 1/3 cup chopped red onion
- 1 large jalapeño, seeded and diced
- 3 Tbsp chopped fresh cilantro
- 1 Tbsp fresh lime juice
- 1 tsp salt
- 1/2 tsp pepper
- 1 1/2 tsp minced garlic
- Tortilla chips for serving

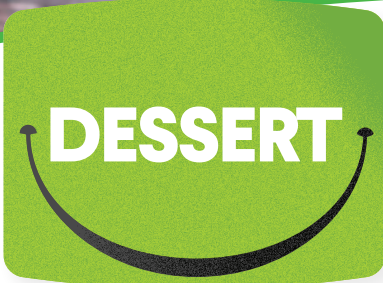
Directions

1. In a large bowl add corn, avocado, tomatoes, onion, jalapeño, and cilantro.
2. Add lime juice, salt, pepper, and minced garlic.
3. Stir gently to coat evenly.
4. Serve with tortilla chips.



Servings





Baked Stuffed Apples

Warm and comforting, this classic recipe gives you a taste of sweet with the goodness of apples, dried fruit, nuts, and oatmeal.

Ingredients

- 4 apples, good baking apples include: Fuji, Gala, Golden Delicious, Granny Smith, and Honeycrisp
- 2 tsp butter, you can also use coconut oil
- 2 Tbsp oats
- ¼ cup walnuts, chopped
- 2 Tbsp maple syrup, you can also use honey or agave nectar
- 2 tsp vanilla extract
- 2 tsp cinnamon

Directions

1. Preheat oven to 350°F.
2. Core apples, leaving bottoms intact. Place in a greased 8-inch square baking dish.
3. Mix the remaining ingredients together in a medium bowl.
4. Stuff the apples with prepared mixture.
5. Cover and bake for 50 minutes. Uncover; bake another 10 to 15 minutes or until tender.
6. Top with plain or vanilla Greek yogurt or whipped cream if desired. Enjoy!



DESSERT

Pineapple Whip

This recipe offers the same cool feeling of your favorite frozen dessert but with far less calories and many more beneficial nutrients.

Ingredients

- 2 cups frozen pineapple*
- ½ cup milk (skim, coconut, almond, oat, etc.)
- 1 tsp fresh lime juice

**If you decide to cut and freeze your own pineapple, you may want to add a small amount of honey or other sweetener if the pineapple wasn't very ripe.*

Directions

1. Add all ingredients to blender or food processor and blend until smooth.
2. Remove and scoop into individual serving cups.
3. Serve and eat immediately. The texture deteriorates if stored in the freezer for more than a few minutes. It can be re-whipped/blended if this happens.

Servings



Pineapple is one of the only foods containing **bromelain** which helps remove plaque from teeth and can help remove stains on teeth too!



DESSERT

Pumpkin Mousse

This light and airy mousse is just the thing when you want the flavor of pumpkin pie without the sugar, calories, or fat.

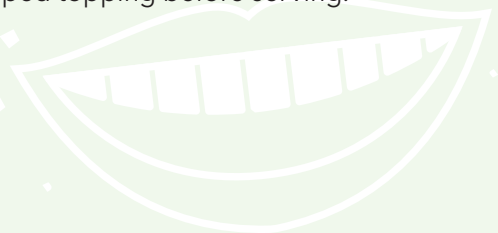
Ingredients

- 1 large package vanilla instant pudding mix
- 1 ½ cups skim milk or almond milk
- 15 oz can pumpkin
- ½ tsp cinnamon*
- ¼ tsp ginger*
- ⅛ tsp allspice*
- ⅛ tsp ground nutmeg*
- 12 Tbsp fat-free whipped topping

**Substitute 1 tsp pumpkin pie spice.
(total for all ingredients combined)*

Directions

1. In a large bowl, beat pudding mix and milk to package directions. Refrigerate for 5 minutes.
2. Add pumpkin and spices to pudding and mix well. Refrigerate for 10 minutes.
3. Top each with 2 Tbsp of whipped topping before serving.



Servings





BEVERAGES

Berry Carrot Smoothie

This smoothie is kid-friendly and packed with antioxidants and plenty of protein to help keep your body fueled for the day ahead!

Ingredients

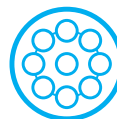
- ½ cup blackberries
- ½ cup raspberries
- ½ cup strawberries
- ¼ cup shredded carrots
- 1 Tbsp hemp seeds
- ½ cup milk
- ½ cup protein powder
- 1 Tbsp almond butter
- 1 cup ice

Directions

1. Combine all ingredients in a blender, putting the ice or any frozen foods in first.
2. Add more liquids (milk or water) as needed to blend everything smoothly.
3. Enjoy!

Note: Including protein like coconut milk, soy milk, yogurt, protein powder, nuts, nut butter, and flax, chia, hemp, pumpkin, or sunflower seeds in smoothies is a great way to get extra nutrients.

Servings





BEVERAGES

Cinnamon Apple Spritzer

This refreshing beverage is a fun way to enhance water, and avoid drinking something that is high in sugar, acid, or both! All you need is a glass, sparkling water, fresh fruits, and herbs and spices such as basil, ginger, or cinnamon. The combination tastes and smells great with loads of health benefits.

Ingredients

- 8 oz cold sparkling water
- 2 apple slices
- 1 cinnamon stick

Directions

1. Pour sparkling water into a glass.
2. Add in apple slices.
3. Stir in cinnamon stick and enjoy!

Servings





BEVERAGES

Ginger Turmeric Tea

This tea offers tons of healthful benefits from each ingredient and is perfect for boosting your immune system with antioxidants and more.

Ingredients

- 32 oz water
- 1 lemon, sliced
- 1-inch ginger, sliced; leave the peel on for added health benefits
- 2-inch turmeric, sliced; leave the peel on for added health benefits
- 1 pinch pepper (pepper helps your body absorb the health benefits in turmeric)
- 1 Tbsp maple syrup or honey
- 4 cinnamon sticks (garnish)

Directions

1. Heat water in a large sauce pan on medium-high heat.
2. Add remaining ingredients, bring to a boil and reduce to a simmer for 8 to 10 minutes.
3. Pour contents into your favorite mug and garnish with a cinnamon stick.



Servings





Piña Colada Smoothie

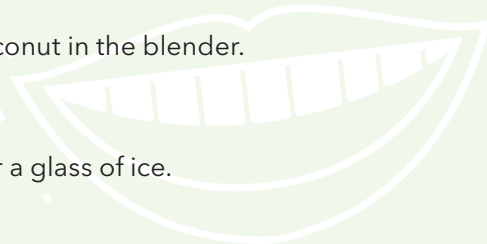
This tropical treat is packed with vitamin C, calcium, and potassium to help strengthen teeth and keep gums healthy.

Ingredients

- ½ medium ripe frozen banana
- ¾ cup almond or coconut milk
- ½ cup frozen pineapple
- ⅔ cup ice
- 1 Tbsp shredded coconut

Directions

1. Put all ingredients except coconut in the blender.
2. Blend until smooth.
3. Mix in coconut and pour over a glass of ice.
4. Enjoy!



Servings



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