



Green Smoothie Magic

Victoria Boutenko

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Victoria Boutenko responds to the crisis of childhood obesity with a story that makes children excited about nutrition, healthy foods, vegetables and fruits, green smoothies, and the science of plants.

This kids' book follows young Nic as he discovers the importance of healthy eating with a plant-rich diet and learns to invent his own healthy recipes for kids.

With a pilot father and an artist mother, Nic is an inquisitive child with a fondness for magic. One day, he asks his father where trees come from and is amazed to learn they come from small acorn seeds that grow powered by the sun. His father tells him about the magical green juice, chlorophyll, in all plants. Since humans can't grow with sunlight alone and we don't make our own magical green juice, we need to eat plants to grow big and strong like the oak trees Nic is so fascinated by.

Eager to grow big and strong, Nic goes home that night determined to eat more vegetables. He's quickly disheartened when he is put off by the bitter taste of lettuce. But his mother thinks of a way to ensure he can have a tasty, healthy diet. Buying a blender the next day, she whips up some raw-food green smoothie magic. Nic is hesitant at first, but his natural curiosity wins out, and he is soon asking for seconds.

The story ends with Nic's own smoothie recipe. Combining sweet fruits with green vegetables, this kids' food recipe promises to be a favorite with children and picky eaters everywhere.

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