

DID YOU KNOW?

ghostly guava



- ✓ Guava is a tropical fruit that is green on the outside and pink on the inside!
- ✓ Guavas grow on short trees or shrubs. Guava fruit is most commonly eaten raw, but often used to make jelly, juice and candy.
- ✓ Guavas contain more Vitamin C than an orange!
- ✓ You can eat the skin of a guava, just like an apple.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

Strawberry Guava Smoothie

Ingredients

MAKES 2 SERVINGS

- 1 CUP STRAWBERRIES
- ½ CUP GUAVA
- ½ CUP STRAWBERRY OR PLAIN YOGURT
- 1 FROZEN BANANA
- 1 CUP ICE CUBES

Directions

BLEND ALL INGREDIENTS TOGETHER.
SERVE IMMEDIATELY.

