



## Gingerbread Smoothie

### INGREDIENTS:

- ½ cup cooked navy beans
- ½ frozen banana
- 2 tablespoon grated ginger
- ¼ cup plain yogurt (cow or soy)
- ¾ cup unsweetened soy milk
- 1 tbsp ground flaxseed
- ½ tsp ground cinnamon
- 1 tbsp black strap molasses or honey

### DIRECTIONS:

Add all ingredients to a blender or food processor and blend until smooth.



## MILK VS. MILK ALTERNATIVES ARE THEY ALL CREATED EQUAL?

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Questions about milk alternatives come up often with children. Can kids drink almond milk? Is soy milk safe? What alternatives to cows milk are best?

If you have a child that is allergic to cows milk or doesn't tolerate cows milk, choosing an appropriate alternative is important.

Currently, the only cows milk alternative approved by the CACFP and other child feeding programs is soy milk. And, this is with good reason.

Soy milk is the only milk alternative that provides a similar nutritional composition to cows milk. In the home environment, pea milk is another decent alternative. But you wont see this one in day centers just yet.

Milk contains lots of nutrients necessary for helping children grow, like protein, calcium and vitamin D. Calcium and vitamin D work together to build strong bones, which is critical in growing children.

Milk contains 8g of protein per cup, and soy (and pea) milk are the only alternatives that come close to matching this. Almond milk is not a good alternative for kids due to its low protein content among other things.

Aside from protein, another key thing to look for in an alternative is the type of calcium it is fortified with. Calcium carbonate is superior to other forms of calcium such as calcium tri phosphate which take larger amounts to get the same absorption.

**Key take away:** if your child isn't drinking cows milk, the best alternative is soy milk.