

Smoothie Stars for August 2022

Ben and Beth

Ben came to all three of the 2022 Smoothie Sandwich Clinics.

Ben and his brother Daniel came to each clinic together:

Daniel loved the smoothies so much! His favorite was the mango pineapple.

Ben liked the peanut butter banana smoothie best. His favorite part was making smoothies. The sandwiches were good but not awesome like the smoothies.

Beth and her Mom Heather came to all three clinics together.

Smoothie Sandwich clinic was a great idea! Beth loves all food 😊 Her favorite sandwich was the grilled cheese. Smoothies are an easy and very effective way to get more fruit in your diet. I was partial to the peanut butter

smoothies myself. Because smoothies are so easy to make, they are an ideal choice for our friends with Down syndrome to try.



