

# Low-sugar secrets to make smoothies your kids will crave



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Navigating smoothies is difficult when you're a parent. Your kids love hitting up smoothie shops for a cold and delicious snack, but have you ever considered how unhealthy they can be? When a [small-size smoothie offers more sugar](#) than a pint of ice cream, you know you're in trouble. So then you give homemade smoothies to your kids, and they complain because they're "not sweet enough" or because they can taste all of the vegetables in the green drink you made.

Never fear, though—there are all sorts of ideas that you can use when making your own smoothies that will solve these problems. We've compiled a list of secret tricks that will make your smoothies incredibly delicious, sweet, and healthy.

Here are 7 low-sugar secrets to making smoothies your kids will crave:

## 1. Stop using fruit juice

Every smoothie needs a liquid base, but if you want to achieve the healthy standards you're looking for you need to avoid fruit juice at all costs. The amount of sugar in fruit juices is astounding! According to [Healthline.com](https://www.healthline.com), there's no difference between having a 12 oz can of Coke or a 12 oz glass of fruit juice; they both have 39 grams of sugar (5-8 teaspoons of sugar per cup). That's [more than the maximum amount of sugar you should be having per day!](#) And unfortunately, one of the most popular contributors to high sugar levels in smoothies is a fruit juice base.

Instead of using juice, turn to a healthier option like natural milk or nut/plant milk. Using milk will not only make your smoothies healthier, but will also make them much creamier as well. Your kids will never even notice the difference!

Coconut water is another flavorful, sweet option that will make your smoothies awesome.

## 2. Avoid artificial sweeteners

Often times, artificial sweeteners are [actually more damaging](#) to the body than sugar is, and they don't taste nearly as good as the real thing. You want to be sure you're giving your kids the most beneficial and nutritious option, and not some sweetener that tastes fake. Because of that, we strongly encourage you to fight your natural sweet tooth and avoid any kind of artificial sweeteners at all costs.

Don't use sugar, maple syrup, agave, or any kind of sugar substitute like Stevia, Splenda or Truvia. If you do want to add something to the smoothie to make it a little more sweet, go for something a little more natural like honey or natural maple syrup.

The great thing, though, is that if you have enough of the right fruit, your smoothie will be sweet enough! Which leads us to our next point...

## 3. Have the right fruit combination

If you use the right fruit/flavor combination, you won't need to use any sugar to get the best, sweetest flavor. Here are some popular combos from [Stacey Homemaker](#):

1. Strawberry + mango
2. Pineapple + banana + coconut milk (tastes like a Dole Whip!)
3. Cherry + kiwi + blueberry
4. Raspberry + mango + pineapple
5. Peach + strawberry + pineapple

6. Strawberry + banana
7. Pomegranate + lemon
8. Cherry + banana + chocolate protein powder
9. Blueberry + raspberry + blackberry
10. Acai + blueberry
11. Kiwi + strawberry + peach

In addition to the above combinations, one popular and flavorful trick is to add dates to any kind of smoothie. Dates add a sweetness that complements any other kind of flavor blend. Just try it out and you'll see just how much your children will love the variety!



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## 4. Add frozen fruit

According to [Healthline.com](https://www.healthline.com), fruit is usually frozen at its ripest, meaning fruit that is frozen is being preserved at its healthiest levels. It's much better to do this than to let the sit out and slowly lose their nutritious value. Not only that, but fruit that is frozen usually skips out on being treated with chemicals, so you're getting a better, more natural, and more nutritious option.

Another great thing about using frozen fruit is that when they're used in smoothies, they don't water them down like ice does. Frozen fruit also keeps smoothies cold and greatly enhances their flavor!

## 5. Use nut butter

One of the greatest things about using nut butters in a smoothie is the incredible flavor they add. Fruit is amazing, but no combination of fruit can achieve the unique flavor of nut butter. Not only that, but they're sweet, and jam-packed [full of health benefits](#).

Stocked with tons of protein and healthy fats, nut butters can improve heart health, decrease the possibility of heart disease and diabetes, and lower the risk of obesity.

Choose any kind of nut butter to enhance your smoothie. You could go classic with peanut butter, trendy with almond butter, hipster with cashew, or sweet with your hazelnut butter. Other options include walnut butter, macadamia butter, pistachio butter, and pecan butter. Take your pick! You won't regret it.

## 6. Try yogurt

The great thing about using yogurt is that it brings flavor, sweetness, and health benefits. Just be sure to use a sugar-free or unsweetened yogurt (regular or Greek) to reap the full rewards.

You'll love the way yogurt will change up your smoothie routine. It's definitely a smoothie secret you'll want to use over and over again!

Click [here](#) for our choice of the best yogurt smoothie recipes!

## 7. Add vanilla for flavor

Have you ever made a smoothie that tasted okay, but just seemed to be missing that one final touch? More often than not, that 'final touch' is just adding a tiny bit of vanilla. It'll blow your mind how much a tiny bit of vanilla will add to your smoothie!

One major complaint about sugar-free or low-sugar smoothies is that by taking out the sugar, you're taking away a bunch of the flavor. You can combat this effect by simply adding a little bit of vanilla (a teaspoon or so should do the trick). Once you try this trick, you're never going to want to go back! It certainly creates the 'delicious' aspect we promised you earlier.



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By no means are we suggesting that you cut smoothies out of your life for good. Not at all! All we're trying to say is that if you're going to have smoothies, you should do your best to be smart about it. Make them yourself instead of going out and getting one at the smoothie shop. Purchase your ingredients with the intent to use them in your smoothie.

Making the right kind of smoothies will keep your family on the road of health while still providing the sweet factor and delicious flavor you and your kids crave.