

# Recipe time is Fun Time – Smoothies

Cook together as a family and have fun practicing reading, math and language skills. Children learn how to follow directions while practicing counting and measuring skills.

Kids can help measure the ingredients, add them to the blender and pour the drink into cups.

Try making these smoothies together—it's as easy as 1-2-3. Read the directions out loud to practice your literacy skills!

## Breakfast Smoothie

You can still have a healthy breakfast even when you're in a hurry.

**Serves 2**

### What do you need?

- fresh or frozen fruit, chopped: 1 banana and 6 strawberries
- 1 cup of Natrel milk
- ½ cup of rolled oats
- 1 teaspoon of sugar or honey (if you want)



### What do you do?

1. Get a blender and add the rolled oats.
2. Put the cover on the blender!
3. Blend the rolled oats until they are finely chopped.
4. Add the fruit, milk and sugar or honey (if you want).
5. Put the cover on the blender!
6. Blend all the ingredients on high until they are smooth.

**TIP:** For a thinner smoothie, add more milk.

## After School Smoothie

A quick after-school snack will help to tide you over until dinnertime.

**Serves 2**

### What do you need?

- fresh or frozen fruit, chopped: 1 mango, 1 peach (or about 1 cup of cubed mango and peach) and 6 berries
- 1 cup of Natrel milk
- ½ cup of yogurt
- 1 teaspoon of sugar or honey (if you want)

### What do you do?

1. Get a blender and add the frozen fruit and milk.
2. Put the cover on the blender!
3. Blend the fruit for 1 to 2 minutes.
4. Add the yogurt and sugar or honey (if you want) to the blender.
5. Put the cover on the blender!
6. Blend all the ingredients on high until they are smooth.

Enjoy with a snack of sliced apple and cheese.

**TIP:** Add just a spoonful of green vegetables like kale or spinach to make your smoothies a bit healthier. These vegetables blend well—you won't even taste them!

For more fun activities you can share with your children, visit

[FamilyLiteracyFun.ca](http://FamilyLiteracyFun.ca)



Proudly supported by

**Natrel**



## Taking it Further

Try adding different fruits and vegetables to your recipe. Children can choose ingredients out of grocery store flyers that they would like to try in their smoothies.