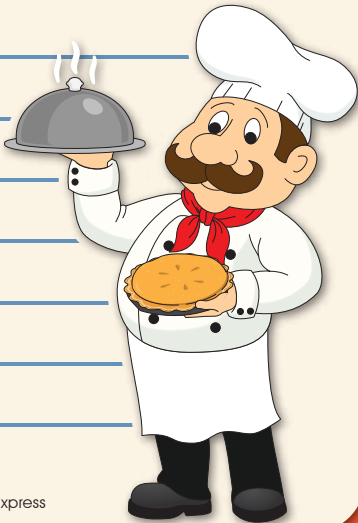


# Grocery List

- plain or vanilla yogurt OR milk
- ripe bananas, can be frozen
- fresh or frozen strawberries
- honey
- ice
- dried split peas
- onion
- carrots
- celery
- salt OR ham flavoring powder
- olive oil
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# Strawberry Smoothies

## Ingredients:

- 3/4 cup plain or vanilla yogurt OR milk
- 2 ripe bananas, can be frozen
- 10 oz. fresh or frozen strawberries
- 2 T. honey
- 1 cup ice

Display the ingredients and talk about each. Are the ingredients soft or hard? Rough or smooth? Does anyone know what each individual ingredient tastes like?

Place all ingredients into blender and puree until smooth. This recipe makes eight (4 oz.) smoothies. As the children enjoy their drink, talk about the color of the smoothie. What ingredient makes the smoothie cold? Talk about the healthy ingredients in the smoothie. What other healthy ingredients would make a delicious smoothie?

# Pea Soup

## Ingredients:

- 1 pound dried split peas
- 1 small onion, chopped
- 2 carrots, peeled and chopped
- 2 celery ribs, chopped
- 1 tsp. salt OR 1 packet of ham flavoring powder
- 2 T. olive oil
- 6 cups water

Rinse the split peas and spread them in a slow cooker. Add onion, carrots, celery, and seasoning to the slow cooker. Add the olive oil and water. Cover and cook on high for 5 to 6 hours. Stir well and taste. Add other seasonings if you wish. Serve warm.