

Recipe

Purple Cow Smoothies

INGREDIENTS:

- 1 sliced banana
- $\frac{3}{4}$ cup of frozen pineapple slices
- $\frac{1}{3}$ cup of blueberries (fresh or frozen)
- $\frac{1}{2}$ cup milk or milk alternative
- $\frac{1}{2}$ cup water

*Caution: Always check for allergies before serving foods. Make substitutions as needed.

DIRECTIONS:

Have children wash their hands. Invite them to help you place all of the ingredients in a blender, identifying the ingredients and listing the amounts of each as you add them. Children can watch as you blend until smooth. Ask, "How many smoothies will we need for this group?" Pour the drink into the cups and divide them among the children. Avoid purple mustaches by serving with spoons or drinking straws!

