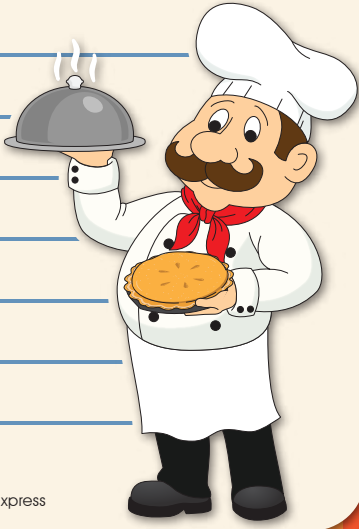


Grocery List

- canned pumpkin
- banana
- milk
- cinnamon
- pumpkin pie spice (optional)
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Pumpkin Smoothies

- Ingredients:**
 16 oz. canned pumpkin
 1 banana
 2 cups milk
 2 tsp. cinnamon
 dash of pumpkin pie spice (optional)

Scoop the pumpkin into a freezer-safe bowl and have children view it. Talk about how the pumpkin is soft as you press into it with a spatula. Encourage children to smell the pumpkin. Does it have a scent? Peel a banana and explore that as well. Freeze both fruits for several hours.

Have children examine the frozen pumpkin and banana as you press into them again with a spatula. Do they notice any changes in either fruit?

Invite children to help you place the frozen fruit, milk, and cinnamon into a blender. Remind them that only an adult should operate the machine. Blend ingredients until smooth, and sprinkle with a bit of pumpkin pie spice, if desired. Serve immediately. Makes approximately eight 1/2 cup servings.

