

# Let's

# COOK



In the kitchen with

First Citizens

**Power Savers**

# fruit smoothies!

## COOKING SUPPLIES

- ▲ Blender
- ▲ 1-cup measuring cup

## INGREDIENTS

- ▲ 1 cup cranberry juice
- ▲ 1 cup milk or non-dairy milk alternative
- ▲ 1 cup frozen blueberries
- ▲ 1 cup frozen strawberries
- ▲ 2 tablespoons honey

## DIRECTIONS

1. Place ALL the ingredients in to the blender
2. Blend for **ONE** minute at high speed until smooth and frothy. Add more juice for a thinner consistency and less for a thicker consistency.
3. Pour or spoon into individual cups

In this recipe we use blueberries & strawberries, but families can use their favorite fruits (pineapple, peach, etc.) or whatever they have on hand.



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## QUICK MATH TIPS

- ▲ When counting, it helps your child to point to the objects as they say numbers.
- ▲ Count the blueberries or strawberries one-by-one when adding them to the blender. Ask your child "do you need more blueberries or strawberries to fill a 1-cup measuring cup?"
- ▲ **PRACTICE ADDITION!** Make a pile of two blueberries and one of three blueberries. Ask your child "how many blueberries are there all together?"