

Double Berry Smoothies

3/4 CUP STRAWBERRIES,

3/4 CUP UNSWEETENED APPLE JUICE,

1/2 CUP UNSWEETENED RASPBERRIES,

1 SLICED BANANA (= about 1/2 cup)

COMBINE ALL THE INGREDIENTS IN A BLENDER. BLEND UNTIL SMOOTH.

Makes 2 servings

Individual Recipe (divide original by 3)

Adults, using a blender or food processor, blend strawberries, raspberries and bananas SEPARATELY and put each fruit into a separate bowl. Pour apple juice into a pitcher. Make sure each table has their own bowls of fruit and juice. Have each child measure the fruits and juice into their own cup and stir with a spoon.

1/4 cup or 4 TBSP blended strawberries

1/4 cup or 4 TBSP unsweetened apple juice

2 1/2 TBSP or 7 1/2 Tsp or 1/8 cup + 1 1/2 Tsp unsweetened raspberries

2 1/2 TBSP or 7 1/2 Tsp or 1/8 cup + 1 1/2 Tsp blended banana