

Fruit Smoothie

Ingredients

- 1 cup cranberry juice.
- 1 cup milk or non-dairy milk alternatives.
- 1 cup frozen blueberries.
- 1 cup frozen strawberries.
- 2 tablespoons honey.

Materials

- Blender.
- 1-cup measuring cup.

Directions

1. Mix all ingredients into the blender for **one** minute at high speed until smooth and frothy. Add more juice for a thinner consistency and use less juice for a thicker consistency.
2. Spoon or pour into individual serving cups.



Math Tips

- ★ When counting, it helps your child to point to the objects as they say the numbers!
- ★ Count the blueberries or strawberries **one** by **one** when adding them to the measuring cup.
- ★ After your child counts, ask, “How many are there in all?”
- ★ “Do you need more blueberries or more strawberries to fill a **1**-cup measuring cup?”
- ★ **Extra Challenge:** Practice addition! Make a pile of **two** blueberries and a pile of **three** blueberries. Ask your child, “How many blueberries are there all together?”

Adapted from:
<http://www.gaiam.com/blogs/discover/5-delicious-healthy-and-easy-to-make-dairy-free-smoothie-recipes>