

# StrawBerry Banana Smoothie



Strawberries are in season right now, which means they're ripe and ready to eat. June is Dairy Month, and an opportunity to celebrate our local dairy farmers and the rich variety of milk, cheese and other foods they produce. What better way to celebrate than by making this delicious milk-and-strawberry smoothie? It's rich in nutrients and a fun, creative way for you and your family to enjoy fresh, locally-grown fruit.

Deval Patrick  
Governor of Massachusetts



**WASH** your hands with soap and water and dry them.

**CLEAN** the counter top with a sponge.

**GATHER** all your kitchen gear and ingredients and put them on the counter.

**SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

**PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Smoothies make a fun snack—but they're also great for breakfast, since they're so full of healthy ingredients! You can use any fruit you like, but this pink, creamy combination is unbeatable in early summer, when strawberries are so good. If you can, use overripe bananas—the kind that are mushy and a little brown—to give the smoothie a smooth texture.

■ ADULT: YES ■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 5 MINUTES ■ MAKES: 2 SERVINGS

## KITCHEN GEAR

Measuring cups

Blender (adult needed)

Cutting board

Dinner knife

## INGREDIENTS

$\frac{1}{2}$  cup low-fat milk or plain low-fat yogurt

$\frac{1}{4}$  cup orange juice

$\frac{1}{2}$  cup strawberries, fresh hulled or frozen unsweetened

1 overripe banana, peeled and sliced

2 ice cubes

## INSTRUCTIONS

1. Put the milk or yogurt and orange juice in the blender, then add the fruit and ice cubes.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away, or cover and refrigerate up to 4 hours.

## No Blender? No Problem.

Instead of making a smoothie, make a berry delicious breakfast banana split: Use a peeled whole ripe (but not mushy) banana and ask your adult to help cut it in half the long way. Top it with  $\frac{1}{4}$  cup yogurt and  $\frac{1}{2}$  cup sliced fresh strawberries, and enjoy.

## Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

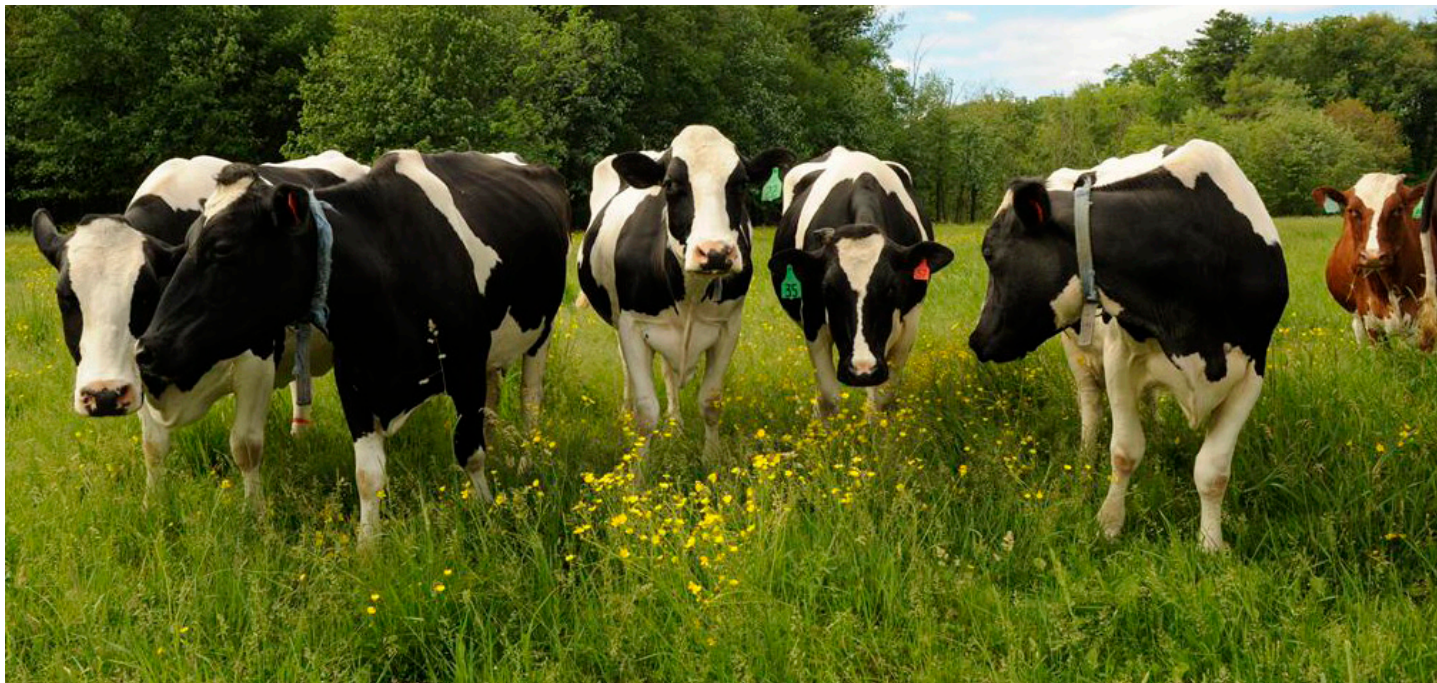


**DID  
YOU  
KNOW?**

★ Dairy farming has been a part of Massachusetts agriculture ever since the early settlers brought cows to Plymouth in 1624.

★ **A single cow yields about 90 glasses of milk per day or about 200,000 glasses of milk per lifetime. (Although most cows give more milk when they listen to music!)**

★ Milk is the best thing to cool your mouth after eating spicy food. It contains casein, a protein that scrubs the spice from your burning taste buds.



**Picking your own strawberries is a fun way to get physical activity and eat healthfully at the same time. Find farms where you can pick your own strawberries:**  
<http://bit.ly/LHL7Mm>



Find locally grown strawberries and other yummy fruits and vegetables at a farmers' market near you. Visit  
<http://bit.ly/Nv1xC>

**Looking for farm-fresh dairy products, plus a fun activity with the kids? Visit a local dairy farm! Find one near you:**  
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