

Title: Strawberry Oatmeal Smoothie

Age Group: All Ages

Submitted by: **Juvy (Lansing)**



Type of Activity: Cooking / Measurement / Cognitive

Materials:

- 1 cup frozen strawberries (fresh is fine too)
- 1 whole banana
- ½ cup oats
- 1 cup milk
- ½ teaspoon vanilla
- 1 tablespoon honey
- ½ chia seeds
- Blender

How to Do it:

Put all ingredients into the blender and blend it for 2 minutes. You can also add ice cubes if not using frozen strawberry to make it a little bit cold.

Root Skill / Extension:

Teaching children how to prepare simple things gives them sense of accomplishment as they learn new words, basic math skills, and use their senses. To extend this activity, you can add kale and/or spinach to put in more nutrients. Open-ended questions: “What colour do you think the smoothie will be if we add all this?” “What other fruits or vegetables could we add?”

Adapted from: www.babyfoode.com and www.nortonchildrens.com