



Kitchen Creations

Raspberry Smoothies

Serves 4

Ingredients

- 1 avocado, peeled and seeded
- 10 oz package of frozen raspberries
- 1 ½ cup orange juice
- 1 tsp maple syrup
- Blender

Directions

1. Place avocado, raspberries, orange juice, and maple syrup in a blender.
2. Cover and blend until smooth
3. Pour into glass and serve immediately

Tips for Kids

- Have your child help you count and measure out the amount of juice and syrup you will need.
- Have your child help place all the ingredients into a blender and even hit the button to watch what happens.
- Make sure to explain the equipment before you use it. This will help your child be safe and gain knowledge in the kitchen.

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