



Kitchen Creations

Mango Monkey Smoothie

Ingredients

- ½ cup coconut milk
- 1 banana
- 1 mango
- 2 cups of spinach

Directions

1. Prep food by rinsing spinach and dicing mango
2. Place everything in a blender and blend until smooth
3. Enjoy!

Tips for Kids

- Have your child help you count and measure out the amount of coconut milk and spinach.
- Using a butter knife or other dull knife, encourage your child to cut the fruit into smaller pieces.
- 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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