

# Strawberry & Blueberry Smoothie



While we are home together, it is a great time for children to be more involved with household chores and activities. Involving your children in food preparation is a way to begin giving your child a bit of responsibility around the home while providing them with opportunities to learn from you and pass down your culture (and those delicious secret family recipes!). When you are in the kitchen, find child sized tasks that your child can complete like handing out napkins or getting a carrot out from the fridge.

## **What You Will Need:**

For each large glass, you will need

- 50g Blueberries
- 100g Strawberries
- 100g Greek Style Yogurt
- 100ml Apple juice / Strawberry juice (or if you prefer less sweet, use water)

Add all the ingredients into a blender and blend until smooth!

## **Engaging with Your Child**

Completed as a family activity, this simple smoothie recipe can help to promote plenty of skills such as: following directions, practicing fine motor skills, measuring and learning about nutrition and healthy eating habits. Along the way you can ask your child to pass you ingredients, measure the yogurt, count out strawberries or blueberries and their favourite job- pressing the start button on the blender! Getting children to be involved today in food preparation will better prepare them for making future family meals and hosting those special holiday dinners!