

EAT

Learn, Grow, Eat & Go! EARLY CHILDHOOD week 4

Flowers & Fruit: GARDEN KITCHEN

Power Smoothies *

Make and enjoy this
yummy, nutritious &
kid-tested recipe!



ingredients:

- 1 to 1 ½ c. fresh spinach
- 2 c. pineapple, orange or other 100% juice
- 1 ½ c. frozen mixed berries
- 1 (6 oz.) container low-fat yogurt
- 1 banana
- 1 c. ice

Garden Kitchen Directions

Guide students to:

1. Place spinach in blender with juice. Blend thoroughly.
2. Add fruit and remaining ingredients and blend.

* This Garden Kitchen Recipe appears in Day 5 of the *Flowers & Fruit* week!

PILOT DRAFT

JMG Early Childhood Pilot Curriculum Study

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