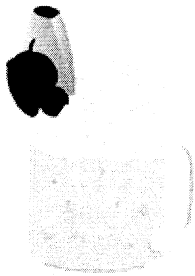


# Bruce Juice Banana Milk Recipe



## Ingredients:

- ★ 1 very ripe, soft banana
- ★ 2 cups lowfat milk
- ★ ¼ tsp. cinnamon
- ★ 1 tsp. vanilla extract
- ★ 1 cup ice
- ★ ¼ cup blueberries
- ★ 3 medium to large strawberries
- ★ 2 tbsps. Honey (optional) – and only for children > 1year

## Supplies

- ★ Measuring cups and spoons
- ★ Cutting board and knife
- ★ Blender
- ★ Cups

## Directions

1. Start by measuring and setting out ingredients so that little Sproutlets can take charge of adding ingredients while a grown up Sprout operates the blender.
2. Monkey around a bit by adding all ingredients in any order that your child wants to try!
3. Blend well, pour into sturdy cups so that little hands can garnish their Bruce Juice without worry of tips and spills! Go bananas making your drink look magnificent, and use any extra fruit for garnish! Enjoy immediately!
4. TIP: If you don't use all of the Banana Milk, it can be frozen in ice-pop molds for another mouth-watering snack later!