FRUIT MATH

Directions: How much fruit can you see? Add or subtract them and write the answer on the line.

1. 🍏 + 🍏 =

2. 🍌 - 🍌 =

3. 🍊 - 🍊 =

4. 🍏 + 🍏 =

5. 🍓 + 🍓 =

6. 🍌 - 🍌 =

7. 🍇 + 🍇 =
PEANUT BUTTER BANANA SMOOTHIE

Who doesn't love peanut butter and banana? Add in some chocolate? Yes please!! This smoothie is healthy and packed with protein, but tastes more like a dessert! Your kids are sure to love it.

INGREDIENTS

Makes: 1 serving

- 1 cup milk, 1% or skim
- ½ cup banana, frozen
- 1 Tbs peanut butter
- ¼ tsp cinnamon
- 1 tsp unsweetened cocoa powder, or more if you like

Optional: ½ tsp vanilla extract

INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

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