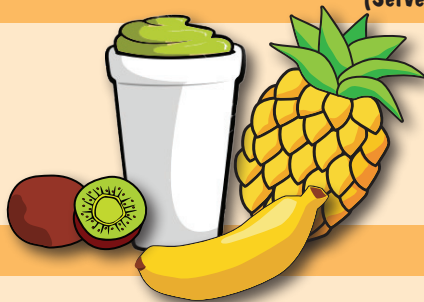


Kiwi Smoothie

Ingredients:

(Serves 2)

- 1 kiwi fruit
- 1/2 banana
- About 15 red grapes
- 3 pineapple rings, canned



Directions:

- 1** Peel and dice the kiwi fruit.
- 2** Dice the pineapple.
- 3** Peel the banana. Young children can help with this step.
- 4** In a blender, combine the kiwi, grapes and banana.
- 5** Blend for 45 seconds then add the pineapple chunks and blend for another minute or so.
- 6** Pour into two glasses or cups and enjoy!

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Tips:

1. Make sure that your child's hands are not near the blender when it is turned on.
2. If you don't have a blender, use a fork or a potato masher and leave out the grapes.
3. Feel free to use different fruits.

