

Strawberry

STONE COLD SOUP

Makes approximately 4 servings

INGREDIENTS

- 1 cup frozen strawberries
- 1/2 cup fruit juice (apple)
- 1 ripe bananas
- fresh strawberries(optional)

SUPPLIES

- blender
- measuring cups
- mixing/serving spoon
- forks and spoons
- mixing bowls
- soup bowls

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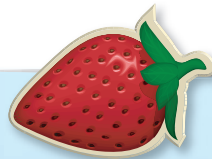
NOTE TO GROWN-UPS

Children can help with almost all the steps in this recipe, with the exception of operating the blender.

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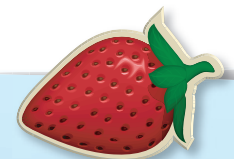
DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Ask your child to peel the banana, put it in a bowl and mash it with a fork.
3. Then measure $\frac{1}{2}$ cup of fruit juice and pour it into the blender.
4. Measure 1 cup of frozen strawberries and add to the blender.
5. Pour the mashed bananas into the blender.
6. Blend until smooth.
7. Pour about $\frac{1}{2}$ cup into each bowl.
8. Serve with a spoon to eat as soup!

*Option: It's fun to make this recipe after reading, the book Stone Soup.

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