

Sweet Potato

SWEET POTATO SMOOTHIE

Makes approximately 4 - 1/2 cup servings

INGREDIENTS SUPPLIES

- 2 tablespoons orange juice
- 1 cup low-fat vanilla yogurt
- 1/2 cup mashed canned sweet potato
- 1/8 teaspoon cinnamon
- blender
- rubber spatula
- serving spoon
- cup

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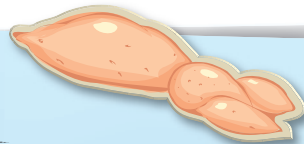
NOTE TO GROWN-UPS

Refrigerate canned sweet potatoes one day before making smoothies. Have your child do as much measuring and adding as they are comfortable doing. They also may want to push the button to operate the blender. Always be sure to be with your child when operating electric appliances.

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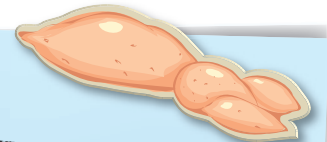
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DIRECTIONS



1. Invite your child to wash their hands and come to the table for a cooking activity.
2. Add the orange juice and vanilla yogurt to the blender jar.
3. Then add the mashed sweet potato and cinnamon to the jar.
4. Place the cover on the blender jar and blend at high speed until all ingredients are well combined and mixture appears smooth (add more juice if needed).
5. Pour the smoothie into 4 – 6 oz. cups and drink! Yum!!!

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