

# Berry Smoothie In a Bag



## **Ingredients**

- ¼ Cup Bananas
- ¼ Cup fresh berries (Strawberries/Blueberries/Blackberries)
- ½ Cup Low Fat Vanilla Yogurt or other flavored yogurt
- 1 Quart size zip closing plastic bag
- Cup to squeeze mixture into and spoon

## **Directions**

1. Place ingredients in plastic bag.
2. Zip tightly pushing all air out of the bag as you close it.
3. Use your fingers to “puree” the mixture until berries and bananas are thoroughly smashed and mixed with the yogurt.
4. Work mixture to one of the bottom corners of the bag
5. Cut off tip of bag where mixture is and squeeze into cup to enjoy!

## **Berry Fun Facts**

The scientific study of blackberries is called ‘batology’. A batologist is someone who has a keen interest in blackberries ... not bats!

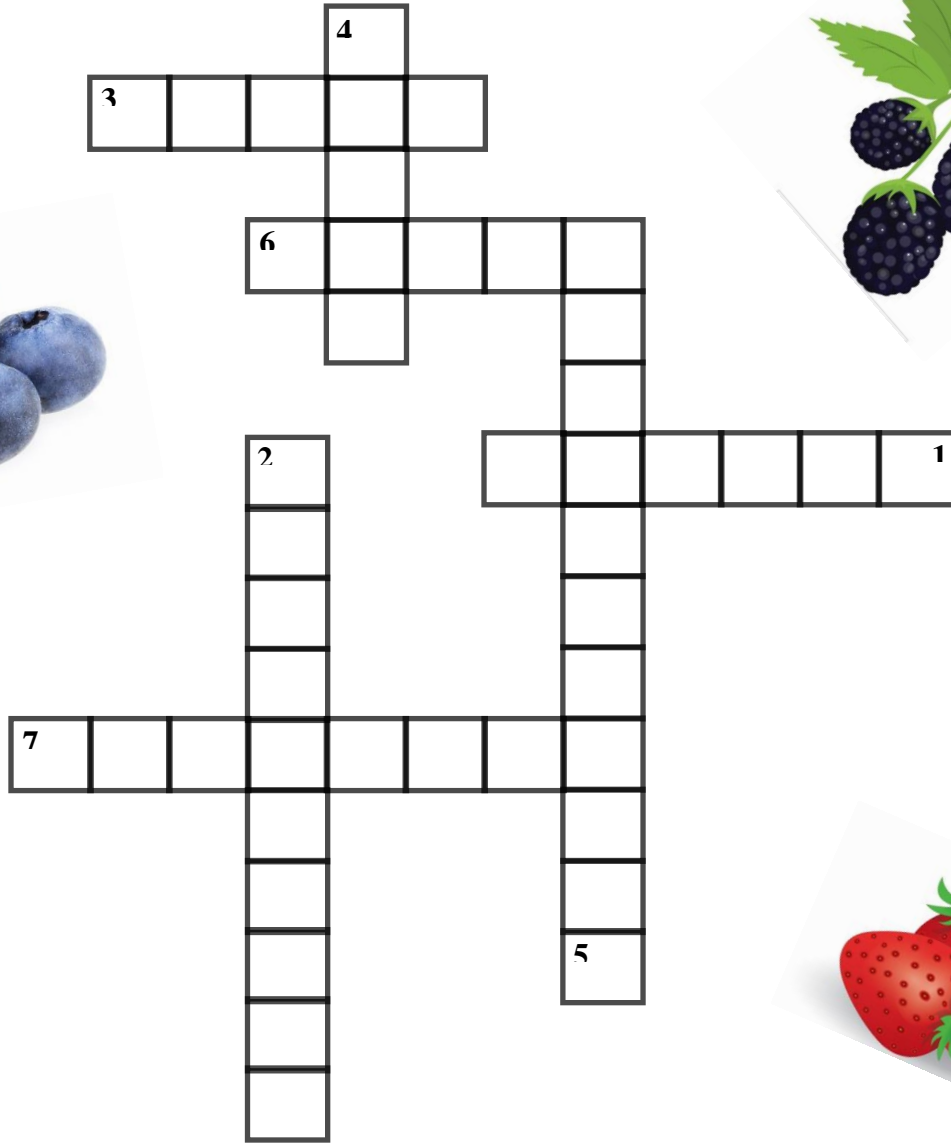
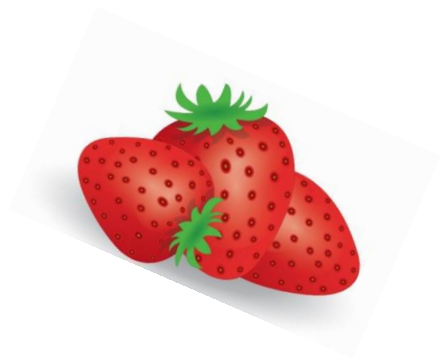
### **What Nutrients do you get from Berries?**

- Berries, more specifically blackberries and blueberries, have a lot of antioxidant polyphenols. This helps protect your cells from molecules that increase risk of heart disease!
- Flavonoids that are only found in berries has been linked with better memory and brain functioning. Grab some berries next time you’re working on your schoolwork!
- Berries are a good source of fiber! Remember what fiber does? It keeps your digestive system clean and healthy!
- Berries are also a good source of Vitamin C. Did you know Vitamin C helps your immune system and helps wounds heal?



**Food For U!**

# Use the Berry Fun Facts to complete the crossword puzzle!



Berries have lots of Vitamin C. Vitamin C helps your 1) \_\_\_\_\_ system.  
 2) \_\_\_\_\_ are found in berries that are linked with better memory and 3) \_\_\_\_\_ functioning.  
 Berries are also a good source of 4) \_\_\_\_\_. This helps your digestive system!  
 Berries also contain an antioxidant 5) \_\_\_\_\_. This protects your 6) \_\_\_\_\_!  
 The name for the scientific study for blackberries is called 7) \_\_\_\_\_!