

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!

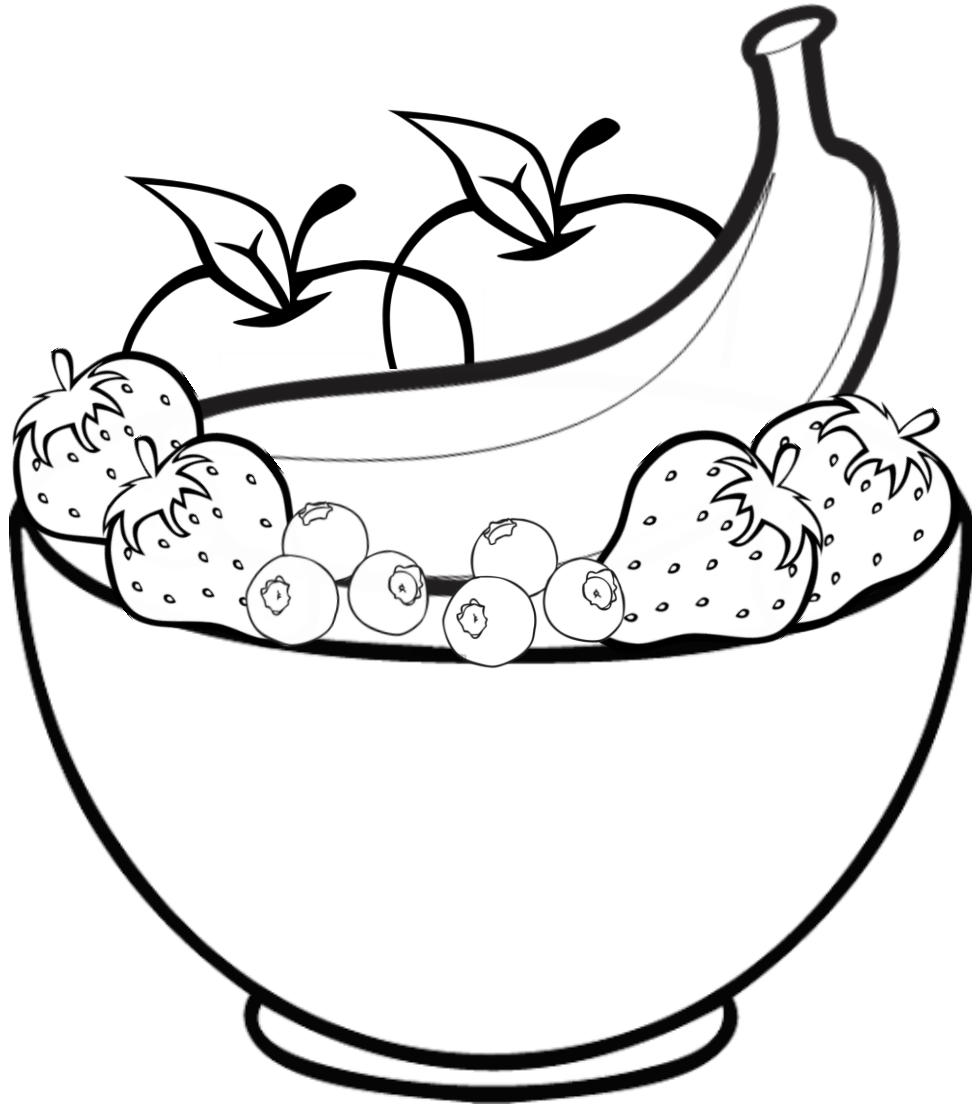
What Nutrients do you get from Berries?

- 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!

Count and color the fruits and write on the line how many of each you see!



How many Bananas do you see? _____

How many Apples do you see? _____

How many Strawberries do you see? _____

How many Blueberries do you see? _____

