

Captain CREATE Recipes to Try at Home

INGREDIENTS

- ¼ cup orange juice
- ½ cup low-fat milk
- Ice cubes

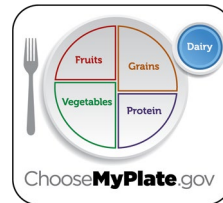
DIRECTIONS

Put all ingredients in a container with a lid and shake. Drink and Enjoy!



Source: from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Grain Group Lesson, The University of Vermont Extension.

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INGREDIENTS

- 1 1/2 cups - fresh or frozen blueberries
- 3/4 cup – lowfat or fat free milk
- 1 tablespoon - honey
- 1 Tbsp lime juice
- 1/2 ripe banana, peeled
- Popsicle sticks

Mix all ingredients in a blender or by hand with a large spoon until combined. Pour into small paper cups. Freeze until semi-solid. Add popsicle sticks. Freeze until solid. Enjoy!



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