Flavored Milk

Age: 1 year and up

Ingredients

1 cup milk

1/2 banana (mashed), or 1/2 cup orange juice, or
1/4 cup crushed strawberries

Glass with a lid

Directions

Children can help make a nutritious drink from some of their favorite fruits.

1. Offer a selection of various fruits and juices. Let children choose the ingredient they want in their fruit drink.
2. Help children mix the milk with the one ingredient, shaking until blended.
3. Enjoy the tasty, nutritious drink!

What children will learn

Nutrition and cooking, decision making