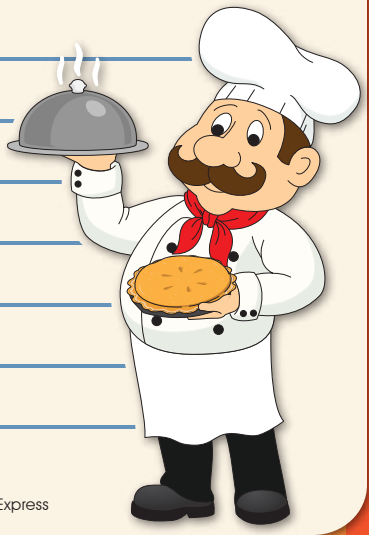
Grocery List

- ☐ spinach
- ☐ bananas
- ☐ frozen pineapple chunks
- ☐ milk
- ☐ chia seeds
- ☐ honey or maple syrup
- ☐ nut/sunflower seed butter
- ☐ crispy rice cereal
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



©FunShine Express

Green Tropical Smoothie Pops

Ingredients:

1/2 cup spinach
1 banana
1 cup of pineapple chunks (frozen)
1/2 cup of milk (regular, soy, almond, etc.)
1 tsp of chia seeds (optional)
2 T. of honey or maple syrup to taste

Add the spinach, banana, pineapple, milk, and chia seeds (optional) to a blender. (Adjust amounts according to the number of children in your setting. This recipe will make 4–6 mini freeze pops.) As children watch, blend until smooth. Add a bit of honey or maple syrup to achieve the preferred level of sweetness. Invite children to help pour the mixture into freeze pop molds. Freeze for about 5 hours. Remove the pops from the molds and enjoy outdoors!

©FunShine Express

Banana Sushi

Ingredients:

1/2 banana
1 1/2 T. nut butter OR sunflower seed butter
3T. crispy rice cereal

Peel the bananas and cut them in half, preparing one half for each child. Place the banana halves on plates and give one to each child. Offer child-safe knives and a nut/sunflower seed butter. Have children spread the nut/sunflower seed butter over the banana. As they work, talk about why bananas are a healthy choice for many athletes. They are a great source of potassium, which prevents muscle cramps, they contain carbohydrates that boost energy, and they are a fairly inexpensive food that is easy to eat on the go. Pour crispy rice cereal onto a plate. Show how to roll the bananas through crispy rice cereal. Help children cut their banana halves into bite-sized pieces. Enjoy!

©FunShine Express