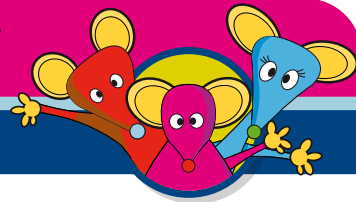


Inspiring young minds...

KIDS



Green Strawberry Shaker

Don't worry, this delicious bubbly smoothie isn't really green. It just doesn't use electricity to blend it, just pure elbow grease and remember - the more you shake it - the bubblier it gets.

Here's what you'll need to make 2 shakers

500 ml of freezing cold milk

8 strawberries without the green stalks

1 teaspoon caster sugar

a jar with a good screw top on it



Slice the strawberries, pop them in a bowl with the sugar and mash, mash, mash them with a fork until they are super smooth. Pour them carefully into your jar, fill up with milk but not right to the top. Screw the lid on tightly and give it a massive shake (a minute or so should do!). Pour into 2 glasses and enjoy.

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important. Please use caution when using scissors and other materials in your child's presence.