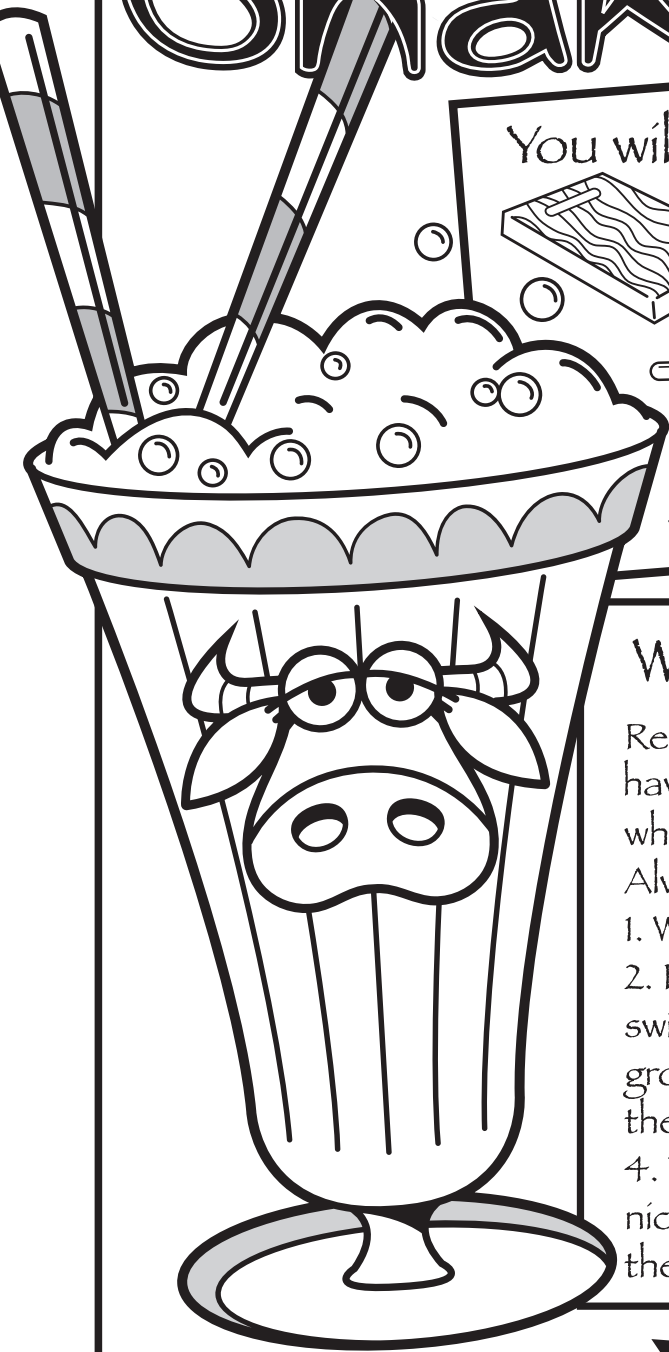
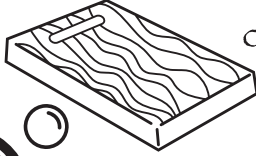


# Shake it up!

(Baby!)



## You will need:



chopping board

blender



knife and  
spoon

## Ingredients

(makes one BIG shake to share):

1 tablespoon of vanilla ice-cream

1 tablespoon of honey

150ml (1/4 pint) milk

85g (3oz) natural yoghurt

some fruit – try 1 banana, a big  
handful of raspberries or  
strawberries or 1/2 a mango



## What to do:

Remember always to  
have your grown-up helper  
when making things in the Kitchen

Always wash your hands before you start

1. Wash the fruit. Slice up the banana or mango

2. Put all the ingredients into the blender,  
switch on and whizz for a minute (get your  
grown-up helper for this and remember to put  
the lid on or you'll be licking it off the ceiling!)

4. Take the top off – the shake should be  
nice 'n' creamy. Pour it straight into a glass –  
the taller the better. *Enjoy!*

**P**

Have fun with your child  
making and tasting these  
healthy shakes.

Encourage them to measure the  
ingredients accurately and use  
the equipment safely. Also  
encourage them to experiment  
with different ingredients.



Have a taste-test (you could give  
your shakes scores). Which shake  
do you like best? What's your  
family member or parent's fave?



Try some other fruits like  
peach, pineapple or melon.

**Shake it on down!**