



## Apple-Persimmon Smoothies

By Erin Fletter

**Prep Time** 10 / **Cook Time** / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

## Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Grater
- Liquid measuring cup
- Measuring spoons

## Ingredients

### Apple-Persimmon Smoothies

- 2 persimmons
- 1 apple, quartered
- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1/2 C orange juice

- 1/4 tsp cinnamon
- 1 T honey, agave, maple syrup, or 1 big pinch of stevia
- 2 C ice

## Food Allergen Substitutions

### Apple-Persimmon Smoothies

**Dairy:** Substitute dairy-free/nut-free milk.

## Instructions

### Apple-Persimmon Smoothies

#### chop + grate

Have your children wash **2 persimmons** and **1 apple**. There's no need to peel the fruit (extra nutrition and fiber is in the skin of the fruit!). Have kids core and roughly chop or grate the fruit, and add it to your blender (or pitcher with use of an immersion blender).

#### measure + blend

Have kids take turns measuring **2 cups milk**, **1/2 cup orange juice**, **1/4 teaspoon cinnamon**, **1 tablespoon honey**, and **2 cups ice** into your pitcher. Blend with your immersion blender while you count to 5 in Hebrew: 1 echad (ehkahd), 2 shtaim (shtime), 3 shalosh (shah-lohsh), 4 arba (ahr-bah), 5 hamesh (hah-mesh).

#### pour + serve

Pour the smoothies and serve. "L'chaim" (leh-HYME), meaning "To life" or "Cheers" in Hebrew!