



Fourth of July Smoothies

by Julia M. Messina



HERE'S A TASTY treat with three delicious layers that salute the red, white, and blue!



WHAT YOU'LL NEED:

- 8 ounces blueberries
- 8 ounces strawberries
- 2 bananas
- 3 cups milk
- 1 cup half-and-half
- $\frac{3}{4}$ cup sugar
- 1 tablespoon vanilla extract
- $2\frac{1}{4}$ cups crushed ice (or 3 cups ice cubes)
- 6 tall serving glasses
- blender



WHAT TO DO:

1. Rinse, drain, and stem blueberries and strawberries, then peel bananas and cut into chunks. Refrigerate fruits until needed.
2. In blender, combine 1 cup milk, $\frac{1}{3}$ cup half-and-half, $\frac{1}{4}$ cup sugar, 1 teaspoon vanilla extract, and blueberries. Add $\frac{3}{4}$ cup crushed ice on top and ask an adult to blend. Slowly pour into 6 tall serving glasses as a first layer and put them in a freezer for mixture to set (15 minutes or more). Rinse blender and dry.

3. In blender, combine 1 cup milk, $\frac{1}{3}$ cup half-and-half, $\frac{1}{4}$ cup sugar, 1 teaspoon vanilla extract, and bananas. Add $\frac{3}{4}$ cup crushed ice on top and ask an adult to blend. Refrigerate banana mixture and check freezer to see if first layer looks semisolid. Once it does, slowly pour banana mixture into glasses as a second layer and put them back in freezer (15 minutes or more). Again, rinse blender and dry.
4. In blender, combine 1 cup milk, $\frac{1}{3}$ cup half-and-half, $\frac{1}{4}$ cup sugar, 1 teaspoon vanilla extract, and strawberries. Add $\frac{3}{4}$ cup crushed ice on top and ask an adult to blend. Refrigerate strawberry mixture and check freezer to see if second layer looks semisolid. Once it does, slowly pour strawberry mixture into glasses until full and put them back in freezer (15 minutes or more). When top layer has set, serve scrumptious smoothies with straws.

Three cups ice cubes—1 cup per layer—may be substituted for $2\frac{1}{4}$ cups crushed ice. Ask an adult to make sure your blender is able to crush ice safely and, if so, to follow blender's instructions for use and care. Enjoy!



Illustrated by Annette LeBlanc Cate