

Chocolate Banana Drink

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Physical, Social-Emotional

What You Need:



- 3/4 C Milk
- 1 Banana
- 3T Sugar
- 3 T Unsweetened Cocoa

What To Do:

1. Help keiki slice the banana into round pieces.
2. Together, put the banana slices into a blender container and then add cocoa and sugar.
3. Blend until smooth. Have your child notice how the mixture has changed.
4. Add ½ cup milk, then blend until foamy.
5. Pour in rest of milk and blend well.
6. Serve immediately or keep in the refrigerator. Stir well before serving.

Makes 2 servings.

Adapted from: 80 Years of 4-H Cooking in Hawai'i



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