

# Berry Brainy Blizzard

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:



- 1 cup frozen blueberries
- 1 avocado
- 1 cup pomegranate juice
- 20 plain roasted or raw almonds OR 1-2 T of almond butter
- 2 T wheat germ

## What To Do:

1. Slice the avocado in half lengthwise, remove the pit. Then, let your child use a metal spoon to scoop out the avocado into the blender.
2. Help your child measure a cup of the blueberries and add them to the blender.
3. Help your child measure and pour a cup of pomegranate juice and add it into the blender.
4. Together with your child, count and add 20 almonds to the blender OR scoop and add almond butter.
5. Scoop and add wheat germ.
6. Securely cover the blender and blend ingredients until smooth. Have your child notice how the ingredients change as they mix in the blender.
7. Enjoy this brain boosting smoothie together!

Adapted from

<https://www.superhealthykids.com/recipes/berry-brainy-blizzard-a-smoothie-for-kids/>



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