

Haggen
— KIDS —
Cooking
CLUB



SERVES: 2

PREP TIME: 5 MIN

SKILL LEVEL:



REQUIRES USE OF:



TROPICAL SUNSET SMOOTHIE

INGREDIENTS:

- 1 cup pineapple juice
- 1½ tablespoons coconut cream
- 1/2 cup mango sorbet (see mango sorbet recipe in the dessert category)
- 1 cup crushed ice

ITEMS TO GATHER:

- apron
- blender
- 2 hurricane glasses or other tall glasses
- measuring cups
- measuring spoons

**GARNISH WITH:
CHERRIES, PINEAPPLE SLICE**



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Put all of the ingredients into a blender in this order:

1. pineapple juice
2. coconut cream
3. mango sorbet
4. crushed ice

Place the cover onto the top of the blender and blend on high until smooth.

Pour equal amounts of the smoothie into two hurricane glasses.

Garnish with a cherry and a slice of pineapple.

ENJOY!



WHY IS IT CALLED STONE FRUIT?

Technically, stone fruit are drupes, a fruit with a hard seed encased in a soft flesh. Examples of drupes include cherries, olives and mangos. The term stone fruit typically refers to the seed or pit of the fruit. The seeds of these varieties are encased in a hard shell, or stone. This family of fruits is also related to the rose.

Common types of stone fruit:

Peaches
Plums
Cherries

Nectarines
Apricots
Mangos

Olives
Coconuts
Dates

