

Shopping List

Rainbow Smoothie Bowls

- 2 teaspoons honey (if using raspberries, increase to 1 tablespoon honey)
- Pinch salt
- $\frac{1}{3}$ cup plain yogurt
- Frozen fruit (see below)
- $\frac{1}{2}$ ripe banana
- Toppings (see [recipe card](#))

Choose your fruit based on what color smoothie your preschool chef wants to make:

Dark Pink: 2 cups (10 ounces) frozen raspberries

Light Pink: 2 cups (10 ounces) frozen strawberries

Yellow: 2 cups (10 ounces) frozen mango chunks

Green: $1\frac{1}{2}$ cups (7 $\frac{1}{2}$ ounces) frozen pineapple chunks and 1 cup (1 ounce) baby spinach

Purple: 2 cups (10 ounces) frozen blackberries

Fizzy Paints

- $\frac{3}{4}$ cup distilled white vinegar
- $\frac{1}{2}$ cup baking soda
- Yellow, red, and blue food coloring

It's included in your box!

Magic Color-Changing Noodles

- 4 ounces rice vermicelli noodles
- $\frac{1}{8}$ teaspoon baking soda
- 1 small head red cabbage (1 $\frac{1}{4}$ pounds)
- 1 lemon or lime