



“Massachusetts is home to a thriving dairy industry, and what tastier way to celebrate than by making this banana cream pie smoothie as a family. The calcium in dairy helps children build strong bones for the rest of their lives. This month’s recipe also features bananas, which bring additional important nutrients and make for a delicious, naturally sweet treat.”

Deval Patrick
Governor of Massachusetts



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

Banana-Cream-Pie Smoothie

Cinnamon and vanilla make this wholesome shake taste like dessert—but then it’s loaded with energy-boosting nutrients from the milk, bananas, almonds, and yogurt. Pie in a glass. Yes please!

■ ADULT: YES ■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 5 MINUTES ■ MAKES: 2 SERVINGS

KITCHEN GEAR

Measuring cup
Measuring spoons
Dinner knife
Cutting board
Blender
(adult needed)

INGREDIENTS

1 ripe banana, peeled and sliced
½ cup low-fat or nonfat milk
½ cup plain low-fat or nonfat yogurt
2 tablespoons whole, raw almonds
¼ teaspoon cinnamon
1 teaspoon vanilla extract
2 ice cubes

INSTRUCTIONS

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or store in a thermos or covered in the refrigerator, up to 4 hours.

Think ahead: Freeze the banana ahead of time for a slushier smoothie!

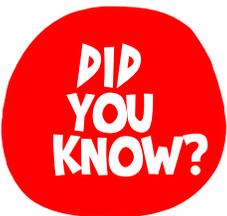
Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



“I’m John Kokoski, and on my farm, it’s a family affair.” – Mapleline Farm, Hadley, MA

Mapleline Farm has been operated by the Kokoski family for five generations. It all started when John Kokoski’s great grandfather, Stanley, bought the farm in 1904. Today the family continues to run Mapleline Farm, one of the few Massachusetts dairy farms that produce premium Jersey milk in returnable glass bottles. The Kokoski farm 200 acres of land, care for approximately 200 cows, and serve over 700 weekly customers. It truly is a family affair at Mapleline Farm. John, his wife Elaine, his son, son-in-law, and two daughters are all deeply committed to the farm’s dairy operation, retail store, and home-delivery business.



The classic black-and-white cows are called **Holsteins**, and their spots are like fingerprints—no two cows are alike.

One cup of 2% milk contains **almost a third** or your daily calcium requirement—plus a significant amount of protein.

By the numbers:

Cows eat between **80** and **90** pounds of grass, hay and feed daily.

Cows drink **25** to **50** gallons of water a day.

Cows spend **6** to **8** hours eating each day.

Each cow produces more than **100** glasses of milk each day—that’s more than **200,000** glasses of milk in her lifetime!



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