

## INGREDIENTS

### Witch's Brew

- 4 to 5 dates, soaked overnight
- 1 banana or mango
- 1 apple
- 1/2 cup apple juice
- 2 cups water
- A bit of cilantro or cinnamon



## DIRECTIONS

1. Put all of the ingredients in a blender and blend at high speed until the mixture is smooth!
2. This mixture is gentle on the digestive tract and very energizing! It's a drink that promotes bowel regularity and heart health.



# HALLOWEEN TREASURE

La Constellation  
du Granit



POUR LA  
RÉUSSITE ÉDUCATIVE  
EN ESTRIE

Table réalité  
jeunesse  
du Granit



Commission scolaire  
des Hauts-Cantons

M MÉDIATHÈQUE  
Nelly-Arcan



MRC MUNICIPALITÉ  
REGIONALE  
DU GRANIT DE COMTE

Québec

CHSSN

Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux



Canada

## Halloween activity ideas!

### Discovery Game

- Hide all of the ingredients under a cloth.
- For fun, add little plastic creatures.
- Invite the children to hold an ingredient in their hand.
- Ask them to guess which ingredient it is.

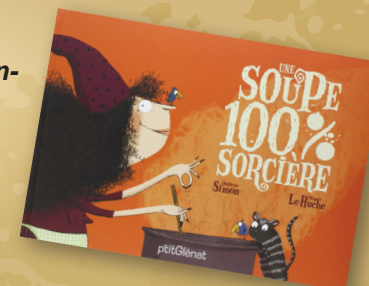
Make the recipe with the help of the children.

Find a spooky name for the drink and write it on the label below. Stick it to the glass or bottle before drinking.



Read a Halloween-  
themed book

ISBN 9782723457804



**CONGRATULATIONS, YOU'VE  
FOUND THE PIRATE TREASURE!**



**Banana**



**Cilantro**



**Dates**



**Apple**

