

INGREDIENTS

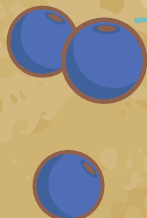
Berry Smoothie

- 3 cups soy beverage
- 1 tbsp. **maple syrup** or honey
- 1 cup frozen **fruit**
(strawberries, raspberries, blueberries, etc.)
- 1/2 **banana**



DIRECTIONS

1. Blend all of the ingredients in a blender until smooth.
2. Serve the smoothie immediately in glasses.
3. Enjoy for breakfast on a hot day!



INN TREASURE Grocery Store

La Constellation
du Granit



POUR LA
RÉUSSITE ÉDUCATIVE
EN ESTRIE

Table réalité
jeunesse
du Granit



Commission scolaire
des Hauts-Cantons

M MÈDIATHÈQUE
Nelly-Arcan



MRC MUNICIPALITÉ
REGIONALE
DE COMTE
DU GRANIT

Québec

CHSSN

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



Canada

Take part in a treasure hunt... at the grocery store!

Pirates have hidden fabulous treasure and to find it, you must find the three ingredients shown on the treasure map below.

Enjoy your search sailor!



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



Bananas



Raspberries



**Maple
syrup**

