



Make a black forest smoothie

Ingredients

- ½ cup milk or milk alternative
- 1 cup frozen cherries
- Handful baby spinach
- 2 tablespoons unsweetened cocoa powder
- ½ cup plain Greek yogurt or dairy-free yogurt
- 4 to 6 ice cubes
- Honey, to taste

Instructions

1. Combine the milk, cherries, spinach, cocoa powder, yogurt, and ice cubes in a blender. Puree ingredients until smooth.
2. Taste and add 1 to 2 tablespoons of honey to sweeten, if desired, then stir. Makes 1 smoothie.

WARNING!

Ask an adult's permission before using the blender.

CAKE FLAVOR

Black forest cake—made of chocolate, cherries, and cream—is named for the Black Forest region of Germany.



LIFE HACK

RECEIVE A GIFT GRACEFULLY

With the holidays approaching, you may be lucky enough to receive gifts from family or friends. It's important to let them know how much you appreciate their presents. After you open a gift, say thank you right away and then say something specific you like about it. For example, maybe you love the color of a shirt or really needed a new basketball because yours is worn out. There may be times you feel disappointed in a gift. Still, try to respond in the spirit of the gift without lying. You could say something like, "Wow! What a gift!" or "Thank you so much for thinking of me." Finally, even if you said thank you in person, it's polite to follow up with a written thank-you note.



Express your gratitude.