



Yellow Room  
Gina C, Annie, and Flor  
Activity for the week of 08/10/2020



## **Strawberry & Banana Sorbet**



### **Ingredients:**

- 4 cups fresh or frozen strawberries and bananas
- 3 tbsp. fresh lemon juice
- 1/3 cup of honey for taste (optional)

### **Materials:**

- Blender
- Freezer-safe container
- Mixing spoon & ice cream scoop
- Bowls & spoons for serving

### **Instructions:**

- Parent and child explore all ingredients together.
- Taste and compare strawberries, bananas, lemon juice, and honey (sweet or sour)
- Together, combine all ingredients in a blender and purée until smooth, pulsing to break up fruits.
- Taste and add more honey if you like, then blend again to combine.
- Transfer to a freezer-safe container and freeze for at least 3 hours or until solid.
- Allow it to sit out on counter for about 10 minutes prior to serving.

### **NOTE:**

- If using fresh fruits, remove the calyx (leafy part) from strawberries and wash well.
- Peel and cut bananas into pieces (easier to blend).

