



FRUIT SMOOTHIE BATIDO DE FRUTAS

Ingredients:

- 1 (6 ounce) can frozen orange juice or lemonade concentrate
- 1 1/2 cups milk
- 1/4 cup sugar (optional)
- 1/2 teaspoon vanilla extract
- 10 cubes ice

Directions:

In a blender, combine juice concentrate, milk, sugar (optional), vanilla, and ice cubes. Blend until smooth. Pour into glasses and serve. Yum!

While you make your cool treat, review the Spanish words for the ingredients you are using:

- the ice – el hielo
- the milk – la leche
- the orange – la naranja
- the lemonade – la limonada

PLEASE NOTE: While fruits and vegetables are an important part of the foods we eat, “sweet treats” are delights to have on occasion.

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FRUITY SNOW CONES RASPADO

Ingredients (for 2-3 servings):

- 1 (6 ounce) can frozen orange juice or lemonade concentrate
- 20-30 ice cubes
- 3 plastic cups

Directions:

1. In a blender crush ice cubes using the pulse setting. Pour crushed ice into plastic cups.
2. Pour desired flavor concentrate over the ice and enjoy.

While you make your cool treat, review the Spanish words for the ingredients you are using:

- the ice – el hielo
- the orange – la naranja
- the lemonade – la limonada

Snack time discussion

In the United States we call this treat a “snow cone,” but this treat has various names throughout Latin America.

- **raspado** or **raspao** (Mexico, Venezuela, Columbia, Panama)
- **piragua** (Puerto Rico, and parts of New York City)
- **frio frio** (Dominican Republic)
- **granizado** (Cuba, Costa Rica, Chile, Ecuador)
- **raspadilla** (Peru)

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