



Whip up a creamy orange smoothie

Ingredients

- 1 large navel orange, peeled and sectioned
- $\frac{3}{4}$ cup canned coconut milk
- $\frac{1}{4}$ teaspoon vanilla extract
- 4 teaspoons maple syrup
- Orange slices, for serving

Instructions

1. Combine the orange sections, coconut milk, vanilla extract, and syrup with 1 cup of ice in a blender.
2. Blend until smooth.
3. Divide the drink evenly between 2 glasses, and garnish each with an orange slice. Drink immediately. Makes 2 servings.

WARNING!

Ask an adult's permission before using the blender.

FUN FACT

Brazil produces about 30% of the world's oranges—more than any other country.



ECO TIP OF THE WEEK BE A FRIEND TO BUTTERFLIES

Butterflies are important to the environment because they are pollinators—they drink nectar from flowers, and in doing so, they collect pollen and spread it from plant to plant. This helps plants, as well as fruits and vegetables, grow. Butterflies' habitats are under threat due to climate change and other human activity. One way to help these vital insects is to grow plants that attract them. Talk to your local garden center about planting a mix of host plants and nectar plants in a garden or in pots. Host plants, like milkweed and parsley, are where butterflies lay their eggs. Nectar plants, like aster and echinacea, are typically wildflowers that butterflies like to feast on.

Wildflowers nourish butterflies.

