



# Kids Can Cook



## Mango Avocado Smoothie

Celebrate St. Patrick's Day with this yummy green smoothie.

### Ingredients/supplies:

- 1 mango
- ½ an Avocado
- ½ cup spinach
- 5 mint leaves
- 6 ice cubes

### Directions:

1. Cut the Mango and Avocado into small pieces.
2. Combine all the ingredients in the blender and mix.
3. Garnish with mint leaves.

<https://www.upstateramblings.com/mango-avocado-smoothie/>





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## Grilled Cheese Day – April 12<sup>th</sup>

Make some grilled cheese dippers in honour of Grilled Cheese Day.

### Ingredients:

- 8 slices soft white bread
- 1 cup shredded cheddar cheese
- 6 tablespoons butter, divided

### Directions:

1. Trim the crusts from each slice of bread. Roll one slice out to about  $\frac{1}{8}$ -inch thickness with a rolling pin. Sprinkle the rolled out slice with about 2 tablespoons shredded cheese. Roll up tightly. Repeat with remaining bread slices and shredded cheese.
2. Place 2 tablespoons butter in a large non-stick saute pan and melt over medium heat.
3. Melt remaining 4 tablespoons butter in a shallow bowl in the microwave. Dip one roll up at a time in the melted butter in the shallow bowl and then transfer to the saute pan. Allow roll ups to saute for 1-2 minutes per side until golden brown and buttery crisp on the outside. Remove to a serving platter.
4. Serve with tomato sauce, ranch or tomato soup for dipping, if desired.

<http://bit.ly/2F5pfeh>

