



Down Syndrome Achievement Centers
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Fantastic Friends
Purposeful Programs
Fresh Fruit Frappe

Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
 - a) First thing before touching any food
 - b) If you cough or sneeze into your hand
 - c) After touching raw meat (before you touch anything else)
 - d) After you touch anything greasy
3. Use knives safely
 - a) Make sure your fingers are safe
 1. Push down on the top of the knife
 2. Hold food with claws not squids!
 - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

Fresh Fruit Frappe

Ingredients:

- 1 Cup cantaloupe or honeydew melon
- 1 Cup cut-up pineapple
- 1 Cup cut-up banana slices
- 1 Cup strawberry halves
- 1 Cup orange juice
- 2 tablespoons sugar
- Crushed ice

What Is Needed:

- Blender
- Knife
- Cutting board

Instructions:

- Mix all ingredients together besides the ice and sliced pineapple.
- Fill blender one-half full of the fruit mixture and then fill with ice to the top.
- Cover and blend on high speed for 30 seconds until smooth.
- Then repeat with remaining fruit mixture.
- Garnish with sliced pineapple.
- Enjoy!