

SNOW TIME PINKYPONK JUICE

IF IT'S COLD OUTSIDE, WARM DRINKS ARE A SPECIAL TREAT.
MAKE SOME SNOW TIME PINKY POK JUICE!

MATERIALS & INGREDIENTS:

- SUGAR FREE BLACKCURRANT JUICE.
- HONEY • LEMON • ORANGE.
(OR ANY OTHER FRUIT OF YOUR CHOICE)
- A KETTLE TO HEAT THE WATER.
- YOUR LITTLE ONE'S FAVOURITE BEAKER OR CUP.



INSTRUCTIONS:

1. POUR WARM WATER INTO YOUR LITTLE ONE'S FAVOURITE BEAKER OR CUP.
2. ADD SUGAR FREE BLACKCURRANT JUICE. REMEMBER, TO ONLY ADD A SMALL AMOUNT. ONE-PART JUICE TO BETWEEN SIX AND TEN PARTS WATER (NO MORE THAN 120 TO 180 ML ONCE A DAY).
3. IF YOU PREFER NOT TO ADD SUGAR FREE BLACKCURRANT JUICE, TRY SQUEEZING A FEW DROPS OF LEMON JUICE INTO WARM WATER WITH A DROP OR TWO OF HONEY. A GREAT WAY TO ADD FLAVOR TO A WARM DRINK.
4. FINALLY, ADD A SLICE OF ORANGE (OR FRUIT OF YOUR CHOICE) AND ENJOY! GROWN-UPS CAN TRY THIS DRINK TOO!

WHY NOT EXPLORE DIFFERENT FLAVOURS
AND INGREDIENTS WITH YOUR LITTLE ONE
BY ADDING DIFFERENT FRUITS!



LITTLE ONES SHOULD HAVE SUPERVISION WITH
COOKING AND ACTIVITIES INVOLVING NEW FOODS.

In the Night Garden...