

**BC Conference of Seventh-day Adventist
Virtual Campmeeting 2020**

11—12-year-old Craft Supply List

A. Day 1 -- Basic Green Smoothie:

In the demonstration at virtual camp meeting, we use romaine lettuce, strawberries and water to make a green smoothie. Juniors are encouraged to develop their own green smoothies and report on their findings.

One note of advice: If this is the first time trying the idea of a green smoothie, pineapple juice, a favorite sweet green, and a favourite fruit or berry would be a good start. Try not to add too many ingredients in the first few attempts.

Ingredient suggestions:

1. Sweet Romaine or Crisp-head Lettuce
2. Water or a juice (Pineapple, apple, or mango work best with greens)
3. A favourite berry (I chose strawberries because we grow them. Raspberries and blueberries are an option.)
4. Other options:
 - a. Fruits like avocado, mango
 - b. Greens like parsley, cucumber. Choose only greens that you like.
 - c. Perhaps a family already makes green smoothies and they will have other ideas to share.

Directions:

Blend all ingredients until smooth. Serve in a glass.