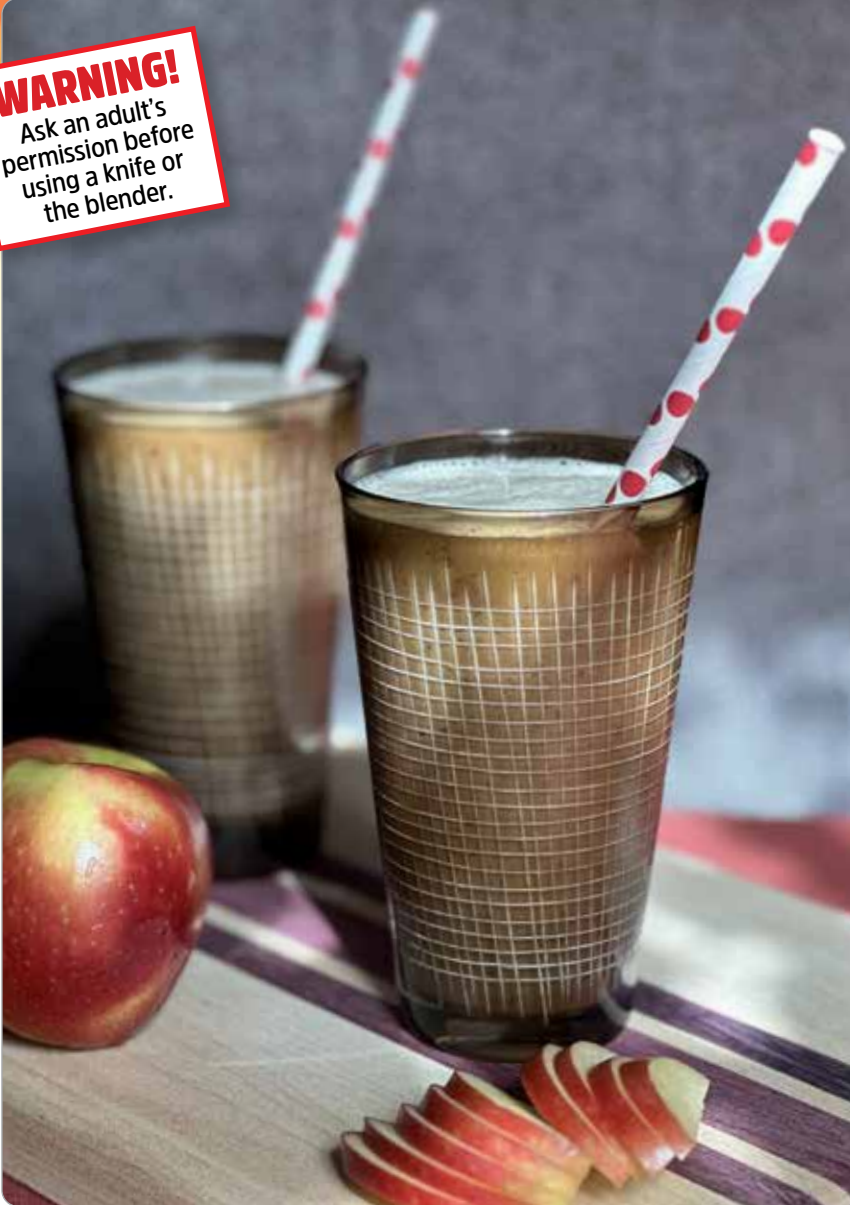




WARNING!

Ask an adult's permission before using a knife or the blender.



Whip up an apple pie smoothie

Ingredients

- ½ cup old-fashioned rolled oats
- 2 apples, diced, plus slices for serving (optional)
- 1 cup whole-milk Greek yogurt
- 1 teaspoon apple pie spice (or ¼ teaspoon each cinnamon, nutmeg, allspice, and ginger)
- ¼ cup maple syrup
- 1 cup crushed ice

Instructions

1. Add the oats to the blender and pulse a few times to pulverize.
2. Add the remaining ingredients and blend until smooth.
3. Divide smoothie between 2 glasses and serve immediately. Makes 2 servings.

FRUIT FAVORITES

In a 2023 survey, Honeycrisp was found to be the most popular apple variety in the US, followed by Fuji, Gala, and Granny Smith.



LIFE HACK SET THE TABLE FOR DINNER

When your family shares a meal, especially for the holidays, setting the table can make it more festive. First, decide with an adult whether you will follow a color scheme to match the holiday, such as red, orange, and yellow for Thanksgiving. Cover the table with a tablecloth or put placemats in front of each seat. Next, set out a dinner plate for each person. Ask an adult if you also need to add a soup bowl or salad plate on top. Next, set a glass to the top right of the plate. To the left of each plate, add a napkin with a fork on top. Place a knife to the right of the plate with the sharp side facing it, and set a spoon to the right of each knife. Add personalized placecards or other decorations as desired.



You can make a table special.