

## From the Forest

### Make a Tree Treat

Make a tasty shake using ingredients from trees. You may be surprised by what's included!

- 1 cup vanilla ice cream
- 1/4 cup orange juice
- 1 teaspoon cinnamon
- 1/4 cup almonds or pecans
- 1 banana

Blend the ice cream, orange juice, cinnamon and banana in a blender (make sure an adult is there to help). Top with pecans for a tasty tree treat.

