



Smoothies

HISTORICAL FICTION



Ms. Robin's Tasting Notes:

This recipe is inspired by
Flood Warning by Jacqueline Pearce.



About the Book:

Based on the Fraser River flood of 1948 in Canada. How does Tom save the day and protect his family's dairy farm?

Genre: Historical Fiction:

Historical fiction is a genre where the story takes place in the past, allowing the reader to relive events from long ago.

Book-Recipe Connection:

Tom grows up playing at being his favorite radio hero, the Lone Ranger, on his family's dairy farm. A smoothie uses two dairy products - milk & yogurt.

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Smoothies

Serves: 2

Total time: 10 minutes



"I found this recipe
by Katie Workman on
www.thespruceeats.com!"

-Ms. Robin



Ingredients

- 2 to 2 1/2 cups cubed soft fruit, fresh or frozen, or a combination
- 1 cup of liquid, usually juice or milk
- 1/2 cup of yogurt (optional)
- 1/2 cup to 1 cup ice (unless you are using all frozen fruit)
- a teaspoon or two of sugar, honey, agave or another sweetener

Directions

Put the ingredients in a blender and whir it up! This will make two large smoothies.

Unlike baking recipes, for instance, smoothie recipes do not have to use exact measurements. You can adjust according to taste. The only difference in choosing between fresh or frozen fruit is how thick you want it to be. Frozen will make for a more milkshake-thick smoothie, whereas fresh will get thickened up slightly by the ice, but have a more liquidy texture. Or you can combine frozen and fresh fruit.

To read [Flood Warning](#) by Jacqueline Pearce, log in to your account on the library catalog and click [TumbleBooks](#).

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