



“creating a village in the city”

Please Contact Us

We are located in the community room at
Kortright Hills Public School
 23 Ptarmigan Drive Guelph, ON NIC 1B5
 519.993.5264 khng@bellnet.ca www.khng.ca

Our Boundaries

North – Downey and Niska Rd from Hanlon to Waterfowl Park - North to Stone Road

East – Hanlon Expressway;

West – City Limits;

South West – City Limits to Downey Rd;

South East – Teal Dr. from Downey to Hanlon.

April 2016 issue

Visit us on the Web: www.khng.ca



KHNG NEXT EVENTS, MARK YOUR CALENDARS!!



2016



**Kortright Hills Neighbourhood Group
 & 26th Guelph Scouting Group**

Clean - Green



**Saturday, April 23, 2016
 9:00 am – 11:00 am**

Meet at the **Kortright Hills Community Room**
 (KHNG community room, side entrance of the school)

Join us for our 11th annual family clean up of our public green spaces & parks.
 Refreshments, gloves, maps and garbage bags will be provided.
 Help keep the community beautiful.

FREE Volunteer Appreciation BBQ offered at 12 noon by the City of Guelph at the Large Red Picnic Shelter River Side Park. Get your **FREE** lunch tickets from Leone (KHNG Representative) Saturday April 23rd.



For more information contact
 Leone Schadenberg
 KHNG Neighbourhood Support Worker
 519.993.5264
khng@bellnet.ca or www.khng.ca

ATTENTION ALL GREEN THUMBS!!



**BACK BY POPULAR DEMAND!!
 6TH ANNUAL KHNG COMMUNITY PLANT SWAP
 &
 26TH SCOUT GROUP COMPOST FUNDRAISER**

**FRIDAY APRIL 29th - 4 PM to 9 PM
 SATURDAY APRIL 30th – 9 AM to 2 PM**

Drop off your plants Friday evening April 29th between 7 pm & 8 pm, labeling materials will be available.
 Come back Saturday morning to pick a new plant for your gardens.

KHNG Community Room (side entrance of KHPS)

**PLANT SWAPPING IS EASY, SAVES YOU TIME,
 MONEY & IS GREAT FOR THE ENVIRONMENT!**

DONATE A PLANT - RECEIVE A PLANT!

**26th Guelph Compost Fundraiser, to raise money for
 Venture Scouts & Leaders to attend a
 Jamboree in Finland July 2016**

Visit our website for up to date information
 of upcoming events www.khng.ca



**\$3.00 PER CUBIC
 SQUARE FOOT
 BAG OF
 COMPOST PRE
 ORDER TODAY
 KHNG@BELLNET.CA**



For more information email khng@bellnet.ca or call 519.993.5462 or visit www.khng.ca



Garden Fresh Box



"creating a village in the city"

- Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit and vegetables, while supporting local farmers!!
- EVERYONE IS WELCOME to participate in the Garden Fresh Program

How it works:

ORDER by the first Tuesday of each month

- ⇒ **PICK-UP** on the third Wednesday of the month between 5-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ **LARGE** Box \$20, **SMALL** Box \$15

WEBSITE:

<http://www.guelphchc.ca/pages/healthy-living/food-health/garden-fresh-box>

KHNG is your local host site order your Garden Fresh Box Today!! Email: khng@bellnet.ca



Order and Pick Up Dates:

Order & Pay By:

Tues April 5th
 Tues May 3rd
 Tues June 7th

Pick-Up

Wed April 20th
 Wed May 18th
 Wed June 22nd



Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

Current events Monthly calendar
 Discussion forum Quarterly newsletters
 Minutes of our meetings
 Current programs available

Become a member, register now!!

Join KHNG on Facebook



[facebook.com/KortrightHillsNeighbourhoodGroup/](https://www.facebook.com/KortrightHillsNeighbourhoodGroup/)

and 'like' the page. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter  @KhngHills

KHNG Presents KASP (Kortright After School Program)



"Welcome to KASP"

Who: Students from *JK – Grade 6
 What: 13-week Recreational & Educational After School Program
 Where: Kortright Hills Community Room
 When: Mon, Tues, Wed & Thurs
 3:20 - 5:30pm - April 4 to June 29, 2016
 Cost: \$11 per day (cheques payable to Kortright Hills Neighbourhood Group)

Welcome to KASP!

With today's busy lifestyles, we aim for an haven where kids can be kids. Need to do homework? Want to chill with a book? Build a fort? Make some cool crafts? Learn to sew? Do an experiment? It's all possible with Sky's the Limit Kids! We provide an environment rich in child-led activities, foods, games & crafts. Balanced out with structured activities & active play & topped with a healthy snack.

*JK and SK students will be escorted to the community room after school by a KASP staff member

Parent/Student Volunteers Needed! Email if you are able to volunteer in the program for any or all of the sessions.

For more information or to register, please email Leone khng@bellnet.ca



Spaces Still Available, Register Today!!



“creating a village in the city”

Welcome!

If you are new to the neighbourhood, we extend a warm welcome to you and your family! Please consider joining us for our regular monthly meetings to help plan social & recreational events.

Thank You!

A special ‘thanks’ goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the GNSC. Your support for our neighbourhood is greatly appreciated!

Stay Informed:

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to khng@bellnet.ca. Also watch for our new A-frame signs telling you that new information is posted on our website.

Spring Programs!



PHOTO CLUB: Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the **first Monday of each month at 7:00pm**.

Contact Gregg Parsons for more information: 519.824.6107.

NOTE: May 2nd & June 6th/16



SCOUTS: Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is the group for you. Registration is available in all sections for the 2015/2016 scouting year

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 6:30-8:00

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturer ages 14-17 meet Mondays 7:00-8:45

The above scouting programs meet at Kortright Hills Public School. Contact 26th Guelph Registrar Leone 519.821.6948 or email: 26thguelph@w.scouters.ca for further information.



LIL EXPLORERS PROGRAM: This program is for the older crowd (toddler and preschooler) & gives kids a chance to explore through play. Enjoy music time, parachute time, alphabet play, crafts, adventures and more! Each week we have a theme, a craft, circle time and alternate story and sensory play. With all of our programs siblings of any age are welcome to join us. Guelph Moms and Co love to create educational, fun and interactive programs that really get the kids involved. Check out www.guelphmomsandco.com for more information. Please contact us if you would like to come out for a free class!



**KORTRIGHT HILLS
NEIGHBOURHOOD GROUP
NEW PHONE NUMBER 519.993.5264**

WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Can you help us continue to deliver social and recreational programs for our community? In the coming months we are seeking your assistance with:

- * Planning of upcoming events (Earth Day, Youth Nights, Plant Swap, Summer BBQ Blast, Summer Chill Night, NEW KHNG Summer Camp and other events in 2016 etc.)
- * Becoming a leader with 26th Scout Group
- * Volunteering with KHNG



If these or similar opportunities are of interest to you, contact us today at khng@bellnet.ca. Your help is needed – call or e-mail us today!!

Mark your calendars to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

Thursday April 21, 2016 Thursday May 19, 2016
Thursday June 16, 2016

- * Garden Fresh Box Pick Up - Wed Apr 20, May 18, June 15, 2016
- * Earth Day Clean Up - Sat April 23, 2016 9-11 am at KHPS
- * 26th Guelph Compost Sale - Sat April 30, 2016 9-2 pm at KHPS
 - * KHNG Plant Swap - Sat April 30, 2016 9-2 pm at KHPS
- * KHNG Youth Nights - Fri Apr 22, May 6 & 20, June 17, 2016
- Youth activity drop in night at Kortright Hills Public School Gym

Visit KHNG website for up to date events: www.khng.ca and consider getting involved with YOUR Neighbourhood Group Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!



KHNG OFFERS NEW 2016



Week#1 - August 15 - 19 - "Build It"

Week#2 - August 22 - 26 - "Mostly Messy"

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Early drop off 8:30am & late pick up 5pm

Camp Registration began April 13 & ending June 10, 2016

Please email khng@bellnet.ca to have a registration form emailed to you.

Limited Spaces Will Be Available, Register Early!!

More Martial Arts!



Sensei Arthur Kerrey, also runs an evening all-ages class in the Two Rivers Neighbourhood that's open to everyone!

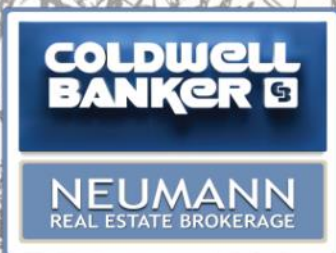
Location: Sacred Heart Catholic School

When: Thurs evenings 6-7:30pm

Cost: Drop in rate \$5



Kortright Hills resident
since 1989



Independently owned and operated

“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden

“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

Get my advice on how to get your home market ready.
For a professional complimentary Market Evaluation call
Linda today at **519-760-0008** or email at linda@cbn.on.ca

LINDA MAIN | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 | [@LindaTMain](https://twitter.com/LindaTMain)



MARK YOUR CALENDARS TO ATTEND
KHNG 7TH ANNUAL "SUMMER BBQ BLAST"
 SATURDAY JUNE 25, 2016 - 12 PM - 3 PM



KORTRIGHT HILLS PUBLIC SCHOOL 23 PTARMIGAN DR.

BBQ LUNCH - REFRESHMENTS - FACE PAINTING BY *MAKIN' FACES* - CRAFTS
 CARNIVAL GAMES - DOG SHOW - AND MUCH MUCH MORE!!

EVENT WILL BE HELD RAIN OR SHINE! (RAIN VENUE KHPS GYM)

JOIN US FOR AN AFTERNOON OF FUN WITH YOUR FAMILIES, FRIENDS AND NEIGHBOURS



VISIT OUR WEBSITE WWW.KHNG.CA
 (SMALL FEE FOR ALL FOOD AND BEVERAGES)



"creating a village in the city"



Free dental care for children aged 17 and under

If you don't have dental insurance and can't afford care, we have free dental services for your children at Public Health. At our dental clinics, we provide free cleanings for children. We can help children with cavities and other urgent problems get the treatment they need.

For more information about our dental services, call our Dental Line at 1-800-265-7293 ext. 2661 or visit www.wdgpUBLICHEALTH.ca



KHNG YOUTH NIGHTS!!

FREE Multi-Activity Nights
 Youth: 8+ Years Old 7:00 pm - 9:00 pm
 Kortright Hills Public School Gym

Friday April 22, 2016
Friday May 6 & 20, 2016
Friday June 17, 2016

All welcome, bring your friends & family for a night of fun.
BRING IDEAS FOR PROGRAMS IN YOUR COMMUNITY.
 Healthy snacks provided!!



For more info:
KHNG@bellnet.ca or www.khng.ca



Kids join Scouts for amazing experiences they can't find anywhere else. Scouts is the start of something great. Find out how to become a Scout today!

Register now for the 2015/2016 Scouting year.

Beavers	ages 5-7	meet Mon 6:30-7:30
Cubs	ages 8-10	meet Wed 6:30-8:00
Scouts	ages 11-14	meet Tues 7:00-8:45
Venturer	ages 14-17	meet Mon 7:00-8:45

Email: 26thguelph@w.scouter.ca to register or for more info.

REGISTER ONLINE TODAY! Scouts.ca
 1-888-855-3336



**FIRST DAY
 OF SUMMER
 MONDAY JUNE 20, 2016**

Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

KHNG sends an electronic newsletter out four times a year, next issue July 2016. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail khng@bellnet.ca. This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

Kortright Hills Classifieds!!



Community Volunteers Needed!!

Volunteers Needed for "KASP" Program

Kortright After School Program need volunteers to assist with this program. KASP runs Mon, Tues, Wed and Thurs, 3:20 to 5:30 pm, students JK to Gr. 6. This would be a perfect opportunity for stay-at-home parents, grandparents and/or high school/university students to give back to the community.

If interested please contact Leone khng@bellnet.ca

26th Guelph Scouting Group

Do you enjoy the outdoors? Do you love to work with children aged 5 to 17? Become a volunteer leader at the 26th Guelph

Scouting Group. For further details contact

26thguelph@w.scouters.ca

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS, VENTURERS...

Register now & take advantage of our new discounted rate.

The 26th Guelph Scouting Group meets at the Kortright Hills Public School gym.

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 7:00-8:30

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturers ages 14-17 meet Mondays 7:00-9:00

For more details contact Paul 519-821-6948 or

email: 26thguelph@w.scouters.ca



It starts with Scouts.

Makin' Faces Face Painting/Infinite Body Arts!!

Makin' Faces Face Painting/Infinite Body Arts

Face Painting & body art plus henna, jagua, glitter, belly painting & airbrush tattoos. With an awards winning &

insured Crew of specialty artists we can

accommodate events of all sizes from

birthday parties to festivals. 519-942-7539

infinitebodyarts@gmail.com or

makinfaces@gmail.com



MAKIN' FACES FACE PAINTING

Kortright Hills Neighbourhood Opportunities

KHNG Community Room

Are you looking for a place to hold a community meeting, start a club, provide a workshop or have an idea for adult or children programs? Would you like to share your time/ideas with the neighbourhood. Call or email KHNG to find our more information or book the community room.

KHNG Electronic Mailing List

Join KHNG mailing list to receive newsletters/posters of recreational and social events within your neighbourhood. Tell your friends and neighbours, call or email Leone to add your email to our electronic list.

Convert Your VHS to DVD

VHS to DVD conversion service.

I'll convert your old VHS, mini DVC tapes and 8 mm tapes to a DVD.

Only \$10/tape (up to 2 hours).

Contact [519-823-8185](tel:519-823-8185) or DVDtransferGuelph@gmail.com

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264

Live your dream.

Paul Embro

Senior Associate

pembro@ipcc.org

Stacie Giovinazzo

Associate

sgiovinazzo@ipcc.org

519.763.2197

Wealth Creation
Wealth Preservation
Wealth Legacy

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Planning Counsel®
IPC INVESTMENT CORPORATION

12 DEER VIEW RIDGE, R.R.#3, GUELPH



"creating a village in the city"

Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue July 2016. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e.: babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail khng@bellnet.ca. This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

Kortright Hills Classifieds Continued!!



Community Room Available!!

Do you have an idea for an:

**Event
Program
Social**

that may interest others in the Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.837.0974 or e-mail: khng@bellnet.ca

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2016

Sponsorship Suggested Rate Scale:

Full page ad, graphics, logo and border

\$100.00 for Newsletter \$50.00 for Website

Half page ad, graphics, logo and border

\$50.00 for Newsletter \$25.00 for Website

Quarter page ad, graphics, logo and border

\$25.00 for Newsletter \$15 for Website

Business card size, graphic, logo and border

\$15.00 for Newsletter \$10.00 for Website

Small word ad, max 15 words, No graphics, FREE

Newsletter advertising helps fund KHNG events

Advertise in our next newsletter July 2016!!

Sweet Dreams

Are Made of These



**Celebrate Hummingbird Day
with us on April 23rd at WBU!**

See store for details, & prepare for their return!

Wild Birds Unlimited
951 Gordon St (@ Kortright)
519-821-2473
guelph.wbu.com



Ruby-throated
Hummingbirds

SUMMER SAFETY TIPS:



SUN SAFETY

- Apply sunscreen that is **SPF 15** or more 20 minutes before you go outside
- Wear clothes that cover your skin such as hats, shoes, long pants, and long sleeved shirts
- Protect your eyes with sunglasses that are UVA and UVB rated
- Stay in the shade

HEAT WAVES

- Drop into a cool store, restaurant or Theatre every so often
- Stay hydrated by drinking enough water and avoiding caffeine and alcoholic beverages
- If you do not have air conditioning, try sitting in front of a fan
- Take cool showers to help lower your body temperature

THUNDERSTORMS/LIGHTNING

- Go inside or remain in your vehicle
- Inside buildings, stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity
- Stay inside your vehicle; you may get a shock if you step outside
- Lightning victims do not carry an electrical charge, are safe to touch, and need urgent medical attention



"creating a village in the city"

**GUELPH
POLICE
SERVICE
PRIDE
SERVICE
TRUST**

**COLOUR
ME!!**

Seasonal Safety Tips

April - The nice weather will be starting and there will be an increased number of cyclists on city roadways. Please share the roadway and take note of cyclists around you.

May - Make sure your car is in proper repair to start your holiday weekend. Please don't drink and drive. Kids, make sure you wear your bicycle helmet.

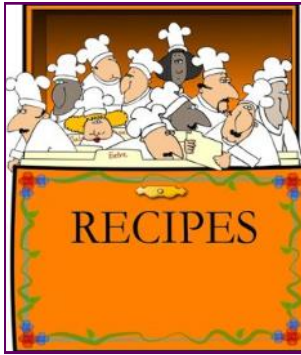
June - School's out... make sure you are aware of the increased pedestrian and bicycle traffic from youths on city streets and neighbourhoods.



Other tips can be found on the Guelph Police Services website:
<http://www.guelphpolice.com>



Kortright Hills Recipe Corner!!



Strawberry Goat Cheese Bruschetta

Ingredients:

1/2 cup balsamic vinegar
2 slices Italian bread
1 tablespoon olive oil
1 pound strawberries, washed and diced
2 teaspoons fresh thyme leaves, plus more for serving
1 cup goat cheese, room temperature
Salt and freshly ground pepper to taste



Directions:

Heat vinegar in a small skillet over medium-low heat. Simmer until reduced by about half, 8 to 10 minutes. Remove from heat and allow to cool to room temperature.

Prepare a grill for high heat. Place bread slices on a foil-lined baking sheet and drizzle with olive oil.

Combine strawberries and thyme in a small bowl and set aside.

Grill bread on the preheated grill until browned, about 3 minutes per side.

Spread goat cheese on toasted bread. Add black pepper, salt, and reduced vinegar to the strawberry mixture. Spoon over the goat cheese topped bruschetta. Garnish and additional thyme.

Strawberry Spinach Salad I



Ingredients:

2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1 tablespoon minced onion
10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
1 quart strawberries - cleaned, hulled and sliced
1/4 cup almonds, blanched and slivered

Directions:

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss.

Refrigerate 10 to 15 minutes before serving.

Fresh Asparagus Soup

Ingredients:

1 pound fresh asparagus
3/4 cup chopped onion
1/2 cup vegetable broth
1 tablespoon butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 1/4 cups vegetable broth
1 cup soy milk
1/2 cup yogurt
1 teaspoon lemon juice
1/4 cup grated Parmesan cheese



Directions:

Place asparagus and onion in a saucepan with 1/2 cup vegetable broth. Bring the broth to a boil, reduce heat and let simmer until the vegetables are tender.

Reserve a few asparagus tips for garnish. Place remaining vegetable mixture in an electric blender and puree until smooth.

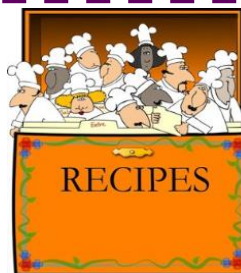
Melt butter in the pan that was used for simmering the asparagus and onions. Stir while sprinkling flour, salt, and pepper into the butter. Do not let the flour brown. Allow the mixture to cook only 2 minutes. Stir in remaining 1 1/4 cups vegetable broth and increase the heat. Continue stirring until the mixture comes to a boil.

Stir the vegetable puree and milk into the saucepan. Whisk yogurt into the mixture, followed by lemon juice. Stir until heated through, then ladle into bowls.

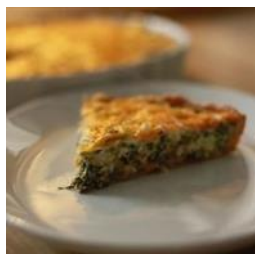
Garnish with reserved asparagus tips. Sprinkle with Parmesan cheese if desired.



Kortright Hills Recipe Corner!!



Spinach Quiche



Ingredients:

1/2 cup butter
3 cloves garlic, chopped
1 small onion, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
1 (4.5 ounce) can mushrooms, drained
1 (6 ounce) package herb and garlic feta, crumbled
1 (8 ounce) package shredded Cheddar cheese
salt and pepper to taste
1 (9 inch) unbaked deep dish pie crust
4 eggs, beaten
1 cup milk
salt and pepper to taste

Directions:

Preheat oven to 375 degrees F (190 degrees C).
In a medium skillet, melt butter over medium heat. Saute garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.
In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

Fruit Pizza II

Ingredients:

1 (18 ounce) package refrigerated sugar cookie dough
1 (8 ounce) package cream cheese, softened
1 (8 ounce) container frozen whipped topping, thawed
2 cups sliced fresh strawberries
1/2 cup white sugar
1 pinch salt
1 tablespoon cornstarch
1/2 cup orange juice
2 tablespoons lemon juice
1/4 cup water
1/2 teaspoon orange zest



Directions:

Preheat oven to 350 degrees F (175 degrees C). Slice cookie dough and arrange on greased pizza pan, overlapping edges. Press dough flat into pan. Bake for 10 to 12 minutes. Allow to cool.
In a large bowl, soften cream cheese, then fold in the whipped topping. Spread over cooled crust. You can chill for a while at this point, or continue by arranging the fruit.
Begin with strawberries, sliced in half. Arrange in a circle around the outside edge. Continue with fruit of your choice, working towards the middle. If bananas are used, dip them in lemon juice so they don't darken. Then make a sauce to spoon over fruit.
In a saucepan, combine sugar, salt, corn starch, orange juice, lemon juice and water. Cook and stir over medium heat. Bring to a boil, and cook for 1 or 2 minutes, until thickened. Remove from heat, and add grated orange rind. Allow to cool, but not set up. Spoon over fruit. Chill for two hours, then cut into wedges and serve.

Tropical Fruit Smoothie



Ingredients:

1 mango, peeled and seeded
1 papaya, peeled and seeded
1/2 cup fresh strawberries
1/3 cup orange juice
5 cubes ice

Directions:

Place the mango, papaya, strawberries, orange juice, and ice cubes in an electric blender. Process until the ingredients are smooth.

Fun Kids Recipe - Rice Krispies Ice Cream Sandwiches



Ingredients:

1/2 cup corn syrup
1/2 cup peanut butter
4 cup Rice Krispies
2 cups ice cream (half of a 1 litre container) or 2 cups frozen yogurt, very slightly softened (half of a 1 litre container)

Directions:

In a medium bowl, stir together corn syrup and peanut butter. Add cereal and stir until well coated.
Press mixture firmly and evenly into a buttered 9"x13" pan.
Place in freezer until firm, about 15 minutes.
Cut cereal mixture in half crosswise.
Spread one half with softened ice cream or frozen yogurt.
Top with second half of Rice Krispie mixture to make one very large sandwich.
Freeze until firm, about 2 hours.
Cut large sandwich into 2" portions (using ruler again).
Wrap individually in foil paper or freezer wrap and store in freezer until needed.