





# Fruit Smoothie



Get: blender, measuring cup, spoon, water, yogurt, banana, frozen fruit

Wash hands before cooking. 

1. Put banana  in cup 

2. Add 1 cup frozen fruit 

3. Add 1 cup yogurt 

4. Add 1 cup  water 

5. Put lid on tight, put on blender  ...and blend 10-9-8-7-6-5-4-3-2-1

6. Enjoy your smoothie!  ...and clean up 