

Smoothies



Ingredients

- 1 Cup Frozen Fruit (your choice)
- ½ -1 Cup Liquid- examples, soy milk, water, almond milk, juice
- 2 oz Nuts of your choice
- 2 oz Oats
- 1 oz Dark or semi- sweet chocolate
- Spinach
- Kale
- Yogurt
- WHATEVER YOU LIKE 😊

Utensils

- Measuring Cup
- Table Spoon
- Spatula
- Blender
- Cup and Straw



Recipe Instructions

Step 1: Blender

Make sure the blender is set to off before plugging in. Make sure you have a cleared off space.

Step 2: Pick Ingredients

Pick whatever ingredients you would like. At minimum, use frozen fruit and liquid, but add anything else you would enjoy.

Step 3: Add

Measure and add ingredients to the blender.

Again you can add different veggies, if you are into supplements, add your protein powder here!

Make sure to have extra liquid ready to add.

Step 4: Cover and Blend

Make sure that lid is on TIGHT before you blend.

If Ingredients don't smoothly blend together, add more liquid by turning off the blender, pouring more, lid back on and blend.

Step 5: Pour

If your smoothie is thick, you might have to use a spatula to get it out. Please don't use a spoon or hand since there is a blade in there!

Step 6: Enjoy

No need to cool, just Enjoy!

*if you have frozen ingredients, you should put them away first so they don't melt!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Make sure your blender is secure and the lid is on all the way! NEVER put metal or your hand into the blender as there is a sharp blade on the bottom!!!