

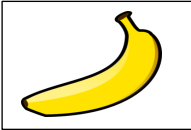

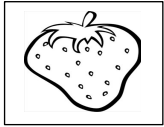
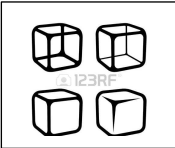
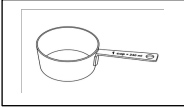
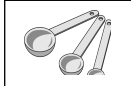


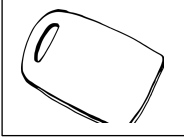
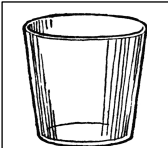




# Shake Your Fruity-Fruit Shake

Makes: 1 Serving

Ingredients:	
3/4 cup milk	
2 tbsp frozen orange juice concentrate	
1 banana	
2 tsp honey	
2 Strawberries	
4 Ice cubes	

Supplies:	
Measuring cup	
Tablespoon and teaspoon	
Blender	
Knife	
Cutting board	
Drinking glass	

## Steps:

1. Peel the bananas and chop into chunks.
2. Add all of the ingredients into blender and blend on high speed until smooth.
3. Serve and Enjoy!