










# Fruit Smoothie

Ingredients:	
Strawberries	
1 banana	
Yogurt	
Sliced apple	
Blueberries	
Orange Juice	

Supplies:	
Knife	
Cutting board	
Blender	

Steps:

1. Slice up apple.
2. Put ingredients together in the blender and blend until smooth.
3. Serve and enjoy!

*Smoothie Tip: Milk can be used in place of orange juice for a creamier smoothie.*