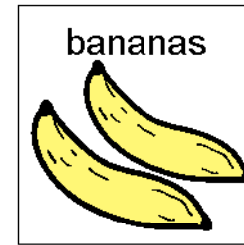


Let's Make a Smoothie

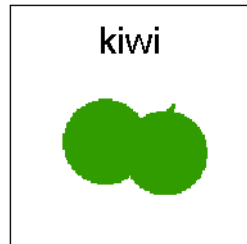
1. Put in 1/2 cup of yogurt



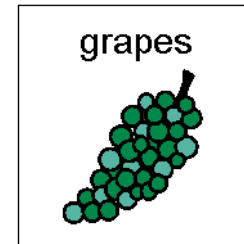
2. Put in 2 bananas



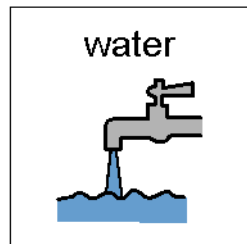
3. Put in 1 or 2 kiwi



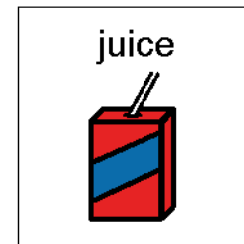
4. Put in 2 handfuls of grapes



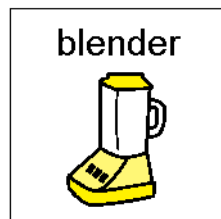
5. Put in 1/4 cup of water



6. Put in small container of juice



7. Blend in blender.

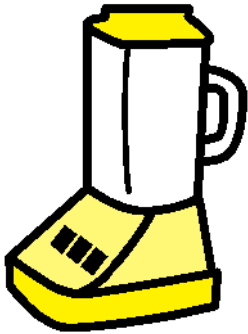


8. Pour into cups.



What You'll Need to Make a Smoothie

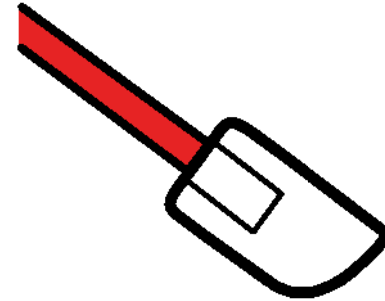
blender



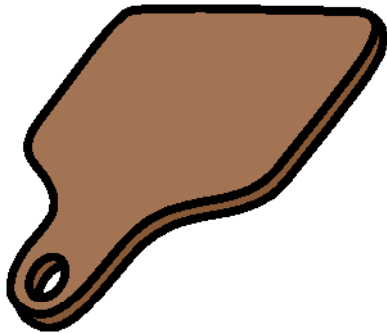
measuring cup



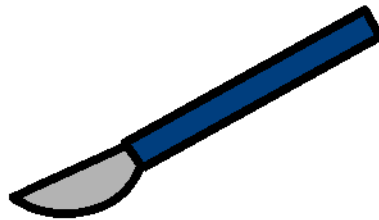
spatula



cutting board



knife



can opener

