



COOKING: (Blue Monster Smoothie)

KITCHEN GEAR :

- Blender
- Cups
- Spoon
- Spatula
- Measuring cups

INGREDIENTS :

- 4 cups of dairy milk (or almond milk)
- 4 cups of frozen blueberries
- 4 cups of spinach (or kale)
- 4 ripe bananas

INSTRUCTIONS :

1. Start by adding 4 cups of milk (or another liquid) to the blender to get the blender moving.
2. Next, add 4 cups of spinach (or kale) to the blender.
3. Then peel the bananas and add them (halved) to the blender. After the bananas have been added, add the 4 cups of frozen blueberries.
4. Put the top of the blender and blend until smooth.