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.