COOKING: Superstar Smoothie

KITCHEN GEAR:
• Blender
• Measuring cups
• Paper cups

INGREDIENTS:

Secretly Green Blueberry Lemon Smoothie
• 2 cups blueberries, frozen
• 2 cups of loosely packed fresh spinach (about two big handfuls)
• 1 peeled banana
• Juice of a large lemon
• 1 tablespoon of honey
• 1 cup of water (add as needed)

Mango Banana Smoothie
• 3 cups of frozen mango
• 2 peeled bananas
• 1 ½ to 2 cups of rice milk

Strawberry Orange Smoothie
• 3 cups of frozen strawberry
• 2 oranges (one cut and squeezed for the juice and one peeled, deseeded, and put in)
• 1 cup of plain whole yogurt

INSTRUCTIONS:
1. Add liquid to the blender first (water, milk, and yogurt)
2. Then add lighter, drier ingredients like the leafy greens
3. Next add fruit.
4. Blend together until desired consistency