



# 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