



COOKING: Mango Magic Smoothie

KITCHEN GEAR:

- Blender
- Measuring Cups
- Spatula
- Spoon
- Cups

INGREDIENTS:

- You can build a smoothie from just about anything you have in the fridge or freezer!
- 4 cups of dairy milk (or almond milk)
- 3 cups of frozen mango
- 2 cups of peaches
- 3 ripe bananas

INSTRUCTIONS:

1. Start by adding 4 cups of milk (or other liquid) to the blender to get the blender moving.
2. Next, peel the 3 bananas and add them to the blender (halved)
3. Then, add your 3 cups of frozen mango and 2 cups of frozen peaches to the blender.
4. Put the top on the blender and blend until smooth.

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