



COOKING: (Sunrise Smoothie)

KITCHEN GEAR :

- Blender
- Measuring cups
- Spatula
- Spoon
- Cups

INGREDIENTS :

- 4 cups of dairy milk (or almond milk)
- 4 cups of frozen strawberries
- 4 ripe bananas
- 1 cup of oats
- 4 tablespoons of peanut butter (optional)

INSTRUCTIONS :

1. Start by adding 4 cups of milk (or another liquid) to the blender to get the blender moving.
2. Next, add 1 cup of oats to the blender
3. Peel the 4 bananas and add them to the blender (halved). Add the 4 cups of strawberries as well.
4. Put the top on the blender and blend until smooth.