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.