Fruit Smoothie Lab

Culinary 1 · Unit 5 · Level 1 · with Fruit & Vegetable ID notes



Name: _____

Makes about 2-3 small cups. Mrs. Dyches' recipe: Mixed Berry & Banana Smoothie.

Ingredients (add in this order): get it. Check ☐.

- ☐ **½ c** yogurt
- ☐ **¼ c** orange juice
- ☐ **½ c** milk
- ☐ **1** ripe banana
- ☐ **2 c** frozen mixed berries
- ☐ **1 tsp** vanilla
- ☐ **1 tsp** honey (optional)
- ☐ ice cubes if needed

👩‍🍳 Do one box. Check ☐ it.

1		Wash hands.	☐
2		Yogurt, juice, milk in.	☐
3		Banana in.	☐
4		Berries in.	☐
5		Lid on tight.	☐
6		Blend!	☐
7		Pour. Photo!	☐

💡 *Her sheet also has a simpler Berry Smoothie (berries, yogurt, banana, milk or juice).*