🥤 Fruit Smoothie Lab

Culinary 1 · Unit 5 · Level 2 · with Fruit & Vegetable ID notes



Name: _____ Date: _____ Period: _____

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

🧺 Ingredients (add in this order)

- ☐ 🥛 **½ c** yogurt
- ☐ 🥛 **½ c** milk
- ☐ 🫐 **2 c** frozen mixed berries
- ☐ 🍯 **1 tsp** honey (optional)
- ☐ 🍊 **¼ c** orange juice
- ☐ 🍌 **1** ripe banana
- ☐ 🍦 **1 tsp** vanilla
- ☐ 🧊 ice cubes if needed

👩‍🍳 Steps: check each box when you finish

1.  Wash hands. Wash the banana. ☐
2.  Add the **yogurt**, orange juice, and milk to the blender first. ☐
3.  Break the banana into pieces. Add it. ☐
4.  Add the **2 cups** frozen berries, vanilla, and honey. ☐
5.  Put the **lid** on tight. Hand on the lid. ☐
6.  Blend until smooth. ☐
7.  Too thick? Add a little milk or ice. Blend again. ☐
8.  Pour into cups. Photo! ☐

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