

Fruit Smoothie

1. Cut up one banana.
Put it in the blender.



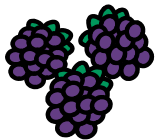
2. Pour one cup of milk into
the blender.



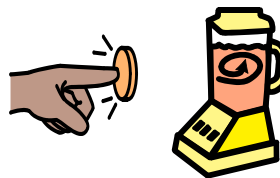
3. Pour one cup of
orange juice into the
blender.



4. Put one cup of
frozen berries into
the blender.



5. Turn on the blender to
'liquify' for one minute.



6. Drink & enjoy!

