


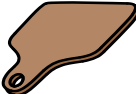


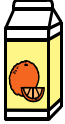


# Fruit Smoothie

## Utensils Needed:

1. Knife 
2. Blender 
3. Cups 
4. Cutting board 

## Ingredients:

1. One banana 
2. One cup of Milk (1C) 
3. One cup of Orange Juice (1C) 
4. One cup of frozen berries (1C) 