Chef’s names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period\_\_\_\_\_\_ kitchen #\_\_\_\_\_

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**FRUIT SMOOTHIES**

**INGREDIENTS:**

2 cups fruit of your choice

1 peeled banana

1 cup yogurt - any flavor

2 ½ cups ice cubes

1 ¼ cup milk, juice or almond milk

**DIRECTIONS:**

\_\_\_all\_\_\_\_1. Tie hair up and wash hands.

\_\_\_\_\_\_\_\_\_\_2. Fill sink with hot water and soap.

\_\_\_\_\_\_\_\_\_\_3. Get dish towel and wash cloth.

\_\_\_\_\_\_\_\_\_\_4. Measure fruit (not banana) and place in blender.

\_\_\_\_\_\_\_\_\_\_5. Peel banana and place in blender.

\_\_\_\_\_\_\_\_\_\_6. Measure yogurt and place in blender.

\_\_\_\_\_\_\_\_\_\_7. Measure milk, juice or almond milk and place in blender

\_\_\_\_\_\_\_\_\_\_8. Put cover on blender & turn blender on to combine fruit and yogurt.

\_\_\_\_\_\_\_\_\_\_9. Measure ice and place in blender.

\_\_\_\_\_\_\_\_\_10. Place cover on blender, turn on and blend until ingredients completely

blended and smooth.

\_\_\_\_\_\_\_\_\_11. Pour equally into cups.

\_\_\_\_\_\_\_\_\_12. Wash & rinse dishes.

\_\_\_\_\_\_\_\_\_13. Dry dishes & return to proper location.

\_\_\_\_\_\_\_\_\_14. Clean base of blender. Do not put in sink water.

\_\_\_\_\_\_\_\_\_15. Clean counters.

\_\_\_\_\_\_\_\_\_16. Call teacher for kitchen inspection.

\*TIP- at home top with a wedge of fresh fruit and whipped cream