

what you need

Blender

Liquid cup
measure

Dry cup
measure

Measuring
spoons

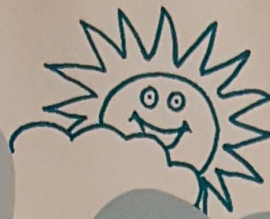
Knife

smushy smoothies

What would you get if a fruit truck, an ice truck, a dairy truck, and a beekeeper's truck all crashed into each other? A street full of smoothies—and bees. Be sure to look both ways before scooping some up.



INGREDIENTS



ISLAND SMOOTHIE

1½ cups unsweetened pineapple juice
8 slices pineapple 1 banana
4 teaspoons sugar Ice cubes

BANANA SURPRISE

3 cups milk 4 ripe bananas
½ teaspoon vanilla Ice cubes
2 teaspoons honey

BANANA SPLIT

1 cup chocolate milk 2 frozen bananas

RED ROOSTER

2 cups raspberries
2 cups orange juice
¼ cup honey
½ cup plain yogurt
Ice cubes

MOOLESS MANGO

2 cups vanilla soy milk
2 cups frozen mango chunks
1 banana

here's how...

1. To freeze fruit, like the bananas or mangos in these smoothie recipes, peel and break the bananas in half or cut mangos into chunks. Place the fruit in resealable plastic bags and freeze.
2. To make any of the smoothies, put all the ingredients in a blender and blend until smooth and creamy.
3. Serve in frosted glasses (put them in the freezer until frost forms on them—not too long or they'll crack).
4. Pretend your smoothie is really junk food... and enjoy!

How hard



How long



How many

2–4 glasses

color away
the gray