

Green Smoothie TEXT

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Let's make a snack!

Would you rather eat green beans or a strawberry banana smoothie for your snack?

I like green things but don't feel like green beans for a snack. Today, we are going to make a green strawberry banana smoothie!

We'll use a blender to make our smoothie. Ask a friend to plug the blender into the power outlet.

Next, you and a friend will need to take the lid off the pitcher so you can start putting all the ingredients in.

It's time to gather your ingredients.

Would you like to use frozen strawberries or fresh strawberries? Frozen strawberries, which can be found in the freezer, will make your smoothie colder than fresh strawberries, which can be found in the refrigerator.

Strawberries are small, red, and cone-shaped.

Locate the type of strawberries you prefer and ask a friend to drop 6 into the pitcher. Count out loud as each drops in!

Next, you need to add a whole banana. Bananas are yellow, long, and slightly curved and are usually found on the counter in a bunch. Did you find one? Make sure to remove the peel! Ask a friend to peel your banana and drop it into the blender.

The great thing about smoothies is that you can add whatever fruit you want. It's the perfect way to use up leftover fruit. I often add blueberries when I have them. Blueberries are round, the color blue, and little. What other fruits could you add?

And now for the secret ingredient. Fresh spinach leaves! They add all sorts of nutrients and will make your smoothie beautiful green.

You have your fruit, so now all you need to do is add a cup of liquid. Would you rather use water or milk? Water can be found in the sink, and milk in the refrigerator. Locate the type of liquid you prefer and ask a friend to measure one cup full to pour into the blender.

Okay, you've put all your ingredients into the blender. Don't forget to put the lid back on. Now, you and your friend are ready to press the power button to make it spin! Let it spin for 30-60 seconds, then pour the smoothie into a glass.

Add a straw and enjoy your snack!
YUM! YUM!