

# Just some information I found Online

## How to Make a Fruit Smoothie

Making a fruit smoothie is as simple as tossing ingredients in a blender and letting it rip, but we want to make sure you succeed every time, so here's our exact process:

1. Add liquid to your blender. I typically use unsweetened almond milk, but you could use any other kind of milk, fruit juice, or even just water.
2. Add in any fibrous foods. If you are adding in spinach or other greens, this is the time to toss them in.
3. Add in your frozen fruits and vegetables. I like to keep at least frozen bananas and frozen strawberries on hand for smoothie making. Any frozen fruit works!
4. Add any fresh fruits or veggies you'd like to use. Here is where you'll toss in fresh strawberries or an avocado half.
5. Top it off with your favourite nutrition mix-ins. Add protein powder, collagen, chia seeds, turmeric—whatever you'd like to boost the nutrition of the smoothie.
6. Blend away! I like to start my blender on low and then slowly ramp up to full speed. This makes sure everything is mixed well and the blades don't get stuck. I blend until the smoothie looks silky, and then pour and enjoy.

# Basic Smoothie Recipe

## Ingredients

Almond milk - Half a cup

Greek Yogurt - 2 tbs

Strawberries - 4

Mandarin Orange - Half

Half and Avocado - Half

Banana

Ferrero Roche

It is your choice whether to use the avocado or banana they both help to thicken the smoothie

## Equipment

Nutribullet /blender

glass

spoon x2

colander

chopping board

Sharp knife

- Wash your hands before you start to cook
- Put on your apron

Get all your ingredients and equipment out on the table

1. Into your blender pour in your milk
2. Add your yogurt
3. Take the green foliage off the strawberries, wash them and then add to blender
4. Pell the mandarin and add to blender
5. Slice Avocado in half on the chopping board, spoon out one side of the fruit and add to blender (you need to be very careful doing this)
6. Add Ferrero Roche.
7. Blend everything together for 10 seconds if you find it to thick add some more milk and blend again
8. Pour into a glass and enjoy.

*\*You can use any fruit you like so experiment and enjoy \**

Don't forget to send in a picture if you get a chance to make the smoothie

Shopping list for \_\_\_\_\_

Date \_\_\_\_\_

Ingredients	Price
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

## Feedback

Did you enjoy it?	Yes	No
Did you find it hard to do?	Yes	No
Could you follow the instructions?	Yes	No
Would you make it again?	Yes	No
Did you need help?	Yes	No
Any other comment		