

Ale. Moirata 9



## Superhero Red, White and Blue Smoothie

Fill      put      slice      mix      pour      add

### INGREDIENTS:

#### RED SMOOTHIE

- 10 frozen strawberries
- A glass of raspberry juice
- A big spoon of honey

#### WHITE SMOOTHIE

- 1 banana
- 2 tablespoons of vanilla yoghurt
- A glass of milk

#### BLUE SMOOTHIE

- 2 spinach leaves
- 20 frozen blueberries
- A glass and a half of milk

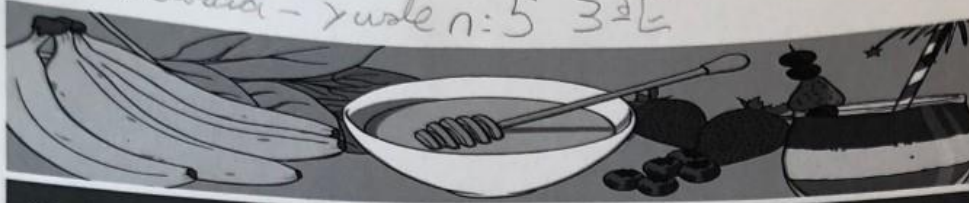
### Kitchen tools:

- Blender
- Cutting board
- A knife
- Transparent cups.

### INSTRUCTIONS:

1. The night before, slice the banana and put it into the freezer. ✓
2. First of all, we are doing the red smoothie. So, put the strawberries, the raspberry juice and the honey into the blender and mix everything. ✓
3. Then, pour the red smoothie to the third part of the cups and put them into the freezer for ten minutes.
4. While, wash out the blender and to do the white smoothie, put the banana, the vanilla yoghurt and the milk into and mix everything again.
5. Remove the cups from the freezer and add the white smoothie filling another third part of the cups and put them again into the freezer for another 10 more minutes.
6. While, wash out the blue smoothie, put the spinach the blueberries and the milk into and mix everything again.
7. Remove the cups from the freezer and fill the cups to the top with the blue smoothie.

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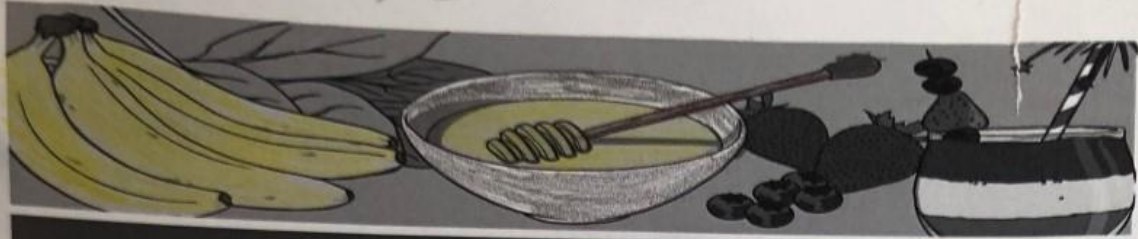
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