

Apple Strawberry Banana Smoothie

**you will
need:**



**1 pint of
strawberries**



1 apple



1 banana



**6 oz of apple
juice**



**1 cup of
vanilla yogurt**



**1 tsp of
vanilla**

tools:



teaspoon



**liquid
measuring cup**



**1 cup
measuring cup**



blender



cutting board



knife



apple slicer

steps

1



Wash hands

2



**Slice and
core apple**



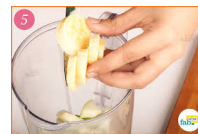
**Put apple
into blender**



Peel banana



**Cut up
banana**



**Put banana
into blender**

3



**Cut off tops of
strawberries**



**Put strawberries
into blender**



**Measure 1 cup
of yogurt**



**Add yogurt
to blender**



**Add 1 tsp of
vanilla to blender**

4



Put 6oz apple juice in blender



Blend together until smooth



Pour into cups

5



Enjoy!