

Berry Forest Smoothie



Make a healthy and yummy smoothie with this recipe!



Ingredients:

- 1 cups of blueberries
- 1 cup of strawberries
- 1 handful of spinach
- $\frac{1}{4}$ cup shredded coconut
- 1-2 tablespoons of honey
- 1 cup of yogurt
- $\frac{1}{2}$ cup of milk

What To Do:

- 1 - Wash all of the fruit
- 2 - Take off strawberry stems
- 3 - Put fruit in blender
- 4 - Put spinach in blender
- 5 - Put coconut in blender
- 6 - Put yogurt in blender
- 7 - Put honey in blender
- 8 - Put milk in blender
- 9 - Put the lid on the blender!
- 10 - **Ask a parent** to turn on the blender
- 11 - Pour into glasses and drink

