[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=7Ad__hmiZf7upM&tbnid=k06bWbT9CHK1mM:&ved=0CAUQjRw&url=http://www.examiner.com/article/make-it-yourself-smoothie-a-healthy-new-way-to-start-your-day&ei=C_g1UpSBA5Sh4AOQ9oHoBw&bvm=bv.52164340,d.dmg&psig=AFQjCNHekZ5d6_kpXQK5PFza9AH5Eo1DQA&ust=1379354991020030)Smoothies

|  |
| --- |
| 2-3 cups flavored yogurt  1/2 -1 cup milk  1/2 bag frozen fruit |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1. Measure 2 cups yogurt into blender.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2. Measure 1/2 cup milk into blender.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3. Add 1/2 bag of frozen fruit to blender.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4. Place lid on blender and blend until smooth.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5. If smoothie is too thin/runny, add the an

additional 1/2 cup of yogurt.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6. If smoothie is too thick, add the an

additional 1/2 cup of milk.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_7. Pour equal amounts into glasses & enjoy.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_8. Wash dishes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_9. Dry dishes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_10. Put dishes away.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_11. Wipe off counters and stove.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_12. Sweep floors & return recipe to Mrs. G.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_13. Empty garbage & Return supplies to the

the refrigerator.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ­14. Put dish towels/clothes in basket after

drying the sink out.