



Cool Fruit Smoothie

READ WITH ME RECIPE

Ingredients

2 Cups of Fruit

2/3 Cup Milk

Ice (or use frozen fruit and skip the ice)

Directions

1. Add a few ice cubes to the blender.
2. Peel and cut the fruit. Try fruit you love and fruit that is new.
3. Add the fruit to the blender.
4. Add the milk too.
5. Put the lid on the blender and blend until smooth.
6. Enjoy your food!