



# Fruit Smoothies



Use this recipe to practise measuring.  
Ask an adult to help you.

## 1. Measure out:



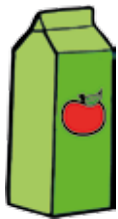
8 strawberries



1 banana

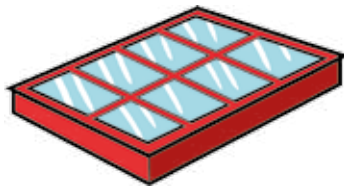


2 peaches



285ml

apple juice



ice

1 cup

## 2. Ask an adult to help you wash and chop the fruit.



## 3. Ask an adult to put everything into a blender. Blend for 30 seconds until smooth.