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
- 1 cup ice

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.