

Safety First! RECIPE HANDOUT

Sunshine Smoothie

EQUIPMENT/ SUPPLIES

- Blender
- Measuring cups and spoons
- Drinking glass

INGREDIENTS FOR 2 SERVINGS

- 1/4 cup of baby carrots
- 1/4 cup of orange juice
- 1/2 cup of frozen pineapple chunks
- 1/3 cup of plain Greek yogurt
- 1/4 cup of frozen mango chunks
- 1 tablespoon of honey

DIRECTIONS

You should wash the carrots with water before using.



Measure out the ingredients and blend them in the blender!
Don't forget to refrigerate the remainder of the ingredients.

