

Fruit Smoothie

PINEAPPLE-ORANGE SMOOTHIE RECIPE

Ingredients:

- 1 cup orange juice
- 2 cups pineapple chunks in their own juice, drained
- 1 banana
- $\frac{1}{4}$ cup skim milk
- 2 Tbsp. honey
- 4–5 ice cubes



Directions:

1. Place all ingredients in a blender.
2. With the help of an adult, purée until smooth.

Note: Different fruits or juices may be added or substituted.

Use the recipe to answer the questions.

1. How much honey do you need? Underline the amount.
2. How much orange juice is required? Underline the amount.
3. How many ice cubes are necessary? Underline the number.
4. What do you do with all the ingredients in the blender? _____

5. What do you think might happen if you used whole milk instead of skim milk? _____

6. Name one fruit you would add or substitute. _____