



## Rosehill Montessori School

### STUDENT ACTIVITIES — at Home

#### **Banana-and-Berry-Smoothies**

A yummy and nutritious blended drink. Makes 2 smoothies.

#### **Ingredients:**

- 1 cup milk
- 1 banana
- 1 cup blueberries or straw berries — fresh or frozen
- 1 cup fruit-flavored yogurt

#### **Directions:**

1. In a blender, combine milk and fruit, blending until smooth.
2. Add yogurt and blend at low speed for 1 or 2 minutes.

**Tip:** You will know when the smoothie is ready when all the ingredients are completely blended together.