



# Fruity Milkshake

Let's make a delicious and nutritious snack!

Make sure to ask an adult for help!

Ingredients: 2 Cups Skim or Low-Fat Milk

1 Cup Diced Fruit such as Apples, Pears,  
Strawberries, Bananas, Peaches, Berries or  
Melon

Dash of Ground Cinnamon

Equipment: Blender

Liquid Measuring Cups

Dry Measuring Cups

Measuring Spoons

Cups



Procedure:

1. Wash your hands with warm water and soap.
2. In a blender, combine milk and fruit.
3. Blend until smooth.
4. Pour into cups and top with a dash of ground cinnamon
5. Enjoy!

Can you think of any other fruits you could add to your smoothie? \_\_\_\_\_

