

# Strawberry Banana Smoothie

Chef Alex: Thursday 3-6 Class #1

## SKILLS LEARNED

Knife skills  
Making measurements

## EQUIPMENT

Cutting board  
Knife  
Blender

## INGREDIENTS

½ Banana frozen  
1/2 Cup Plain Yogurt  
1 Cup of Sliced Strawberries  
½ Cup of Spinach  
½ of almond milk  
(milk, coconut milk and even water can be substituted)  
Drizzle of honey

## INSTRUCTIONS

1. First cut the top off the strawberry to create a flat surface. Use your knife to carefully slice the strawberries and add to the blender.
2. Combine all ingredients in the blender and make sure the lid is secure before blending.
3. Blend until smooth. Pour for you and friends. Enjoy with a cool straw.

