

Strawberry and blueberry smoothies

By MISS MUSIEJ



Lets get started!

Ingredients:

- Washed strawberries
- Washed blueberries
- 1 cup of your favorite yogurt
- Half cup of coconut milk
- Cup of any milk
Choose your milk
maybe try
almond milk, oat or
soy milk



You will need:

- blender

Start by washing
your fruit



1



Put your
strawberries and
blueberries into
the blender. Can
you count all the
strawberries?
What about
blueberries?



2



Next add 1 cup of milk that you like to drink 😊 I have used almond milk. Use whichever type of milk you prefer—almond, flax, coconut, rice, dairy, or even kefir.

My second choice is coconut milk. Do you know where does it come from?

- a) A plant
- b) A bush or
- c) A tree



At the end we add cup of favorite yogurt.

3



Ask an adult for help
Blend really (really!)
well to get a very
smooth consistency,
adding a little more
milk (or even water)
as needed to thin.
Ask an adult for help.



You can decorate
your smoothies
with strawberries
or slice of lemon.



ENJOY! 