

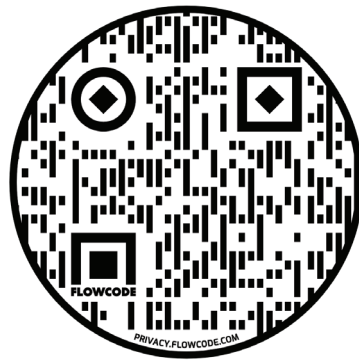


SKILL CARD

HOW TO: GREEN SMOOTHIE

A good green smoothie doesn't require a recipe, just an outline:

- 1 cup fruit
- 1 banana, ideally frozen
- 2 handfuls greens
(spinach or kale work best)
- 1 cup liquid
(alternative milk, water, tea, orange juice)
- Place in a blender and blend until smooth



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