

Hi, my name is Bella Robertson and I'm from Simpson County. Today we're going to be making a very healthy, very delicious smoothie. So, this summer I started my own baking business.

So you want to make sure and be extra conscious about washing your hands and putting your hair back if your hair is long and not touching your face while you're baking. So, I've done all that and we're going to get started. So, I have everything out in front of me. I have two bananas, some milk. I have yogurt, mixed fruit, and ice. That's totally optional. You can use it if you want a frostier smoothie. So, I'm just going to peel my bananas and chuck them in our blender.

When I was younger, I used to love making smoothies. I actually made a strawberry banana one, but I put spinach in it and since you could see all the little green chunks spinach, I called it my Christmas smoothie. The recipe calls for One Cup of mixed berries. Since I have one bag of blueberries and one bag of strawberries, I'm going to do half Cup of each.

I have frozen blueberry. I have frozen fruit here and you can

use any fruit you want. You can use pineapple or Peaches or really anything. Smoothies are great because you can vary it up. Whatever you like, you can put in this smoothie

When I used to make smoothies, I would put honey in it, which is a great natural sweetener.

So now we have our mixed berries in. And now I'm going to add 1 Cup low fat vanilla yogurt. It doesn't have to be low fat vanilla, that's just what I have with me here when I make them in the mornings I like to use Greek yogurt and one more thing.

Smoothies are a great before school snack. There's something you can whip up really quickly.

You can. Chuck him in the blender and. Eat him on the way.

Um? Yeah, I use Greek yogurt or goat yogurt if you like or whatever. I grew up on a dairy, some of really big advocator of milk.

That's just where I came from I guess.

OK, so we got our yogurt and now it's time for our milk.

You could use soy milk or low fat milk or whatever really you want to use.

Goat milk is also a really good option.

So we're just going to take a liquid measuring Cup and measure out 3/4 of a Cup of our milk.

And. After we've done that, I'm going to pour it in our blender.

Like I said earlier, if you'd like you can add ice to your smoothie to make it a little bit more frosty. I'm not going to this time.

But we're gonna snap on the lid of our blender. Wanna make sure it's snapped down tight before you? Start it and Pop it on. This this blender has a smoothie setting so you just started up.

That's good, I'm gonna take my lid off and yeah, see how it tastes.

Smoothies are a great way to cool down on a hot summer day, or to have as an after-school snack or as a breakfast treat and

I think there are delicious way to eat healthy.