



COOKING

ORANGE BANANA SMOOTHIE

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DESCRIPTION

U Cook Across the U.S.! In this recipe, get blending with host Carrie Shankweiler as she shows you how to make a Florida favorite! This Orange Banana Smoothie is a healthy and delicious way to start your day!

MATERIALS

- 1 1/2 cups freshly squeezed orange juice (4 oranges' worth)
- 1 tbsp. freshly squeezed lime juice
- 1 cup frozen strawberries (defrosted)
- 1-1 1/2 ripe bananas
- 2 tbsp. honey (optional)

TOOLS

- Juicer
- Knife
- Bowls
- Blender

DIRECTIONS

1. Slice your oranges in half and squeeze the juice out of each half using a juicer. You know you're done with each half when you don't see any more juice coming out of it.
2. Peel your bananas and break them into thirds. You can tell if your bananas are ripe if they have brown spots on them. Place the broken-up banana into a bowl and set aside.
3. Take a sliced lime and squeeze out a tablespoon of juice with the juicer for a little extra flavor.
4. Pour your juice into a blender, followed by your bananas and defrosted strawberries.
5. Add some honey to the blender at this point if you'd like.
6. Place the lid on your blender. With the help of an adult, blend everything together on high speed for ten seconds.
7. Serve up into glasses and enjoy!

Did you know there's a free web video for this activity with step-by-step instructions?
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