



BERRY FRUITY SMOOTHIE

WHAT YOU'LL NEED:

- 1 ½ cups pineapple juice
- 4 bananas, sliced
- Handful of washed strawberries
- 1 tablespoon honey
- 1 ½ to 2 cups of ice



HOW TO MAKE:

Remember to be careful and ask your parents' permission before using a blender. Get help from a parent or older brother or sister if needed.

- STEP 1** Place pineapple juice, bananas, washed strawberries, honey, and ice into a blender.
- STEP 2** Blend until smooth.
- STEP 3** Pour into glasses and enjoy with family or friends.

