

# Let's taste it! Plan, Shop, Pack List: Fruit Smoothie

## Ingredients

- Frozen strawberries or other fruit (3 cups used in recipe)
- 1 banana
- 1 cup yogurt (plain or vanilla)
- 1 handful of spinach or kale
- 2 cups milk

## Disposable Supplies

- 3 ounce cups (1 per student)
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

## Prepare before class

- Wash the spinach or kale and the banana.
- Print copies of the recipe (1 per student).

## Equipment

- Blender
- 1 medium bowl
- 1 liquid measuring cup
- 2 sets of measuring cups
- 1 large cooking spoon
- 1 dinner spoon
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs

## Equipment (cont.)

- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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**Educator:** \_\_\_\_\_

**Group Name:** \_\_\_\_\_

**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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