

Kitchen group _____

HOUR _____

FRUIT SMOOTHIES

- 1 1/2 cup milk
- 1-8 oz. fruit flavored or plain yogurt
- 1/4 cup sugar
- 1 teaspoon vanilla
- 1 cup ice

1/2 banana (cut into small pieces)

OR

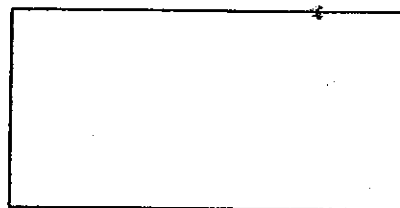
3/4 cup of fresh or frozen fruit (strawberries, raspberries, blueberries, etc.)

WASHES OFF THE TABLE AND SETS IT

- _____ 1. measure 1 1/2 cup milk
- _____ 2. pour milk into blender
- _____ 3. add yogurt to blender container
- _____ 4. measure sugar and vanilla and add to the blender container
- _____ 5. cut fruit into small pieces
- _____ 6. put half of the cut up fruit into the blender container
- _____ 7. add ice
- _____ 8. cover the blender and blend till mixed well (10 seconds) , turn blender off
- _____ 9. add the remaining fruit and cover the blender. Blend until smooth.
turn off blender
- _____ 10. pour into glasses, serve at once.
- _____ 11. put a napkin in the bread basket, fill with crackers
Makes 4 -- 8 oz. servings

CLEAN-UP JOBS:

- Asst. Chef* - organizes dishes and dries dishes
- Organization* - wipes off range, counters and sweeps floor
- Head Chef* - puts away dishes, etc., and dries dishes
- Sanitation* - washes dishes, cleans and dries sink



EAT BY: _____

CLEAN-UP BY: _____