

## MAKE A HEALTHY SMOOTHIE

You gotta love a good smoothie. The amazing thing is there is not much on earth healthier than a smoothie.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Create your own delicious smoothie and enjoy. And I assure you, your body will enjoy it even more than your taste buds.
- Make a round of smoothies for the family on two occasions.

LEVEL G

PERIOD 5

TASK 2

Think about it. You have veggies. Even a person that doesn't like veggies much can enjoy a good smoothie because you really don't taste them. Then you have fruit. I like to use some Greek yogurt too. Throw it all in a blender and you have a mass of raw uncooked food with all of its nutrients, and not a preservative in sight.

To make it easy, I'll tell you how I do it. They are different every time, so no hard and fast rules. Just a blender full of awesomeness.

1. First, I throw a bunch of veggies in. Usually I go with broccoli, asparagus, and some carrots, so that the pitcher is about 1/3 full.

2. Then I throw in some strawberries, pineapple, peaches, and blueberries. This will be about 1/4 of the pitcher.

3. A banana or two will make it creamy.

4. A dollop or two of Greek Yogurt. (A dollop is a glob.)

5. And finally, I pour some pure juice in. This is just to make it more liquidy.

Now, do it just like that or do it totally your own way. Not sure I have ever made a bad one. But I will say, some are a little more perfect than others.

