

Let's cook! 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
- 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 for each participant).

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

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Cleaning supplies

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

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
