

Bing



Recipe

Flop's Carrot
Smoothie!

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Instructions:

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1. Mix up the honey, yoghurt, and milk in Brenda the blender.
2. Chop up the bananas into smaller pieces and then add these pieces to the mixture.
3. Add the strawberries & blend. Use your wooden spoon to make sure that everything has blended smoothly.
4. Now add in the carrots and blend until the mixture is nice and smooth. Last but not least...

"Go go go go gooo...TOP SPEED!"
to make sure the smoothie is yummy delicious and lump-free!

For two servings you will need:

- A blender (preferably one named Brenda)
- Wooden spoon
- Measuring cups

Ingredients:

- 1/2 cup grated or diced carrots
- 2 ripe bananas
- 2 cups strawberries
- 1/2 cup milk (or your favourite milk alternative)
- 1 cup yoghurt
- 1 tbsp honey
- 2 tbsp poppy seeds or chia seeds (optional for more adventurous smoothie-makers)

