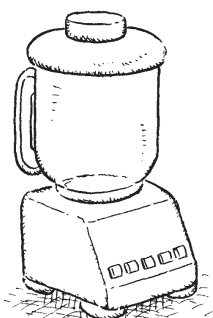


MILK BLENDER SPECIAL



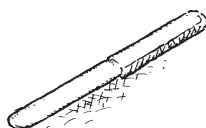
EQUIPMENT:



Blender

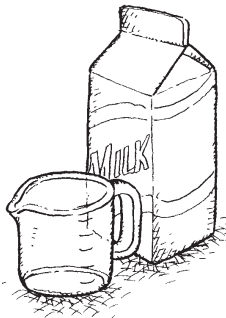


Measuring cup



Knife

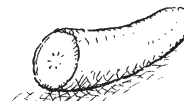
INGREDIENTS:



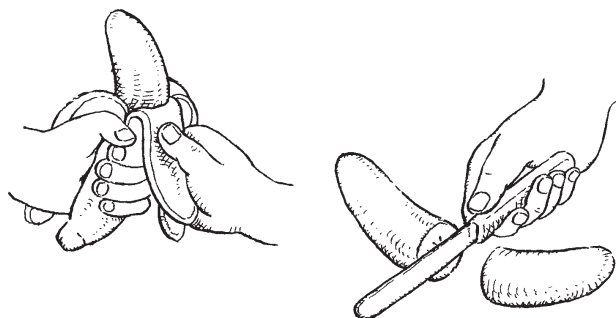
1 cup milk



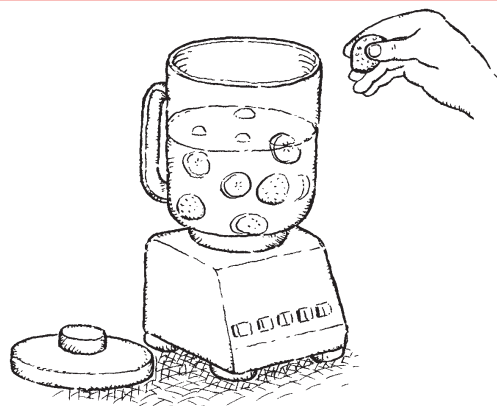
5 strawberries



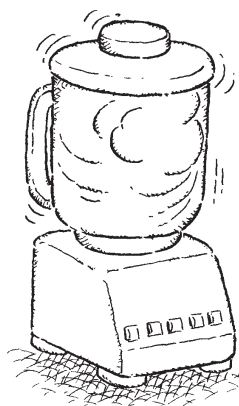
½ ripe banana



1 Peel the banana and cut it in half.



2 Combine all ingredients in the blender.



3 Mix until frothy.



4 Enjoy.