

MEASUREMENT

Stage 2-4

Rugger loves to make smoothie drinks. Here is one of his favourite recipes and it's easy as can be. Make up this smoothie drink by following the instructions.

BANANA SMOOTHIE

A delicious smoothie.

Ingredients

- 1 ripe banana
- 1 cup soy milk or milk
- 2 teaspoons honey
- 1 teaspoon vanilla essence
- Pulp of 1 Passionfruit (optional)

3 Easy Steps

1. Place all ingredients, except passionfruit, in a food processor or blender and process until smooth.
2. Stir through passionfruit.
3. Pour into tall glass.

