

Banana and Strawberry Smoothie

Passa o mouse na figura para escutar, e grave o nome dos ingredientes.

Ingredients:

- 1 banana
- 6 strawberries
- 1 natural yoghurt
- 1 small glass of milk
- 1 glass of orange juice
- 6 ice cubes



Passa o mouse na figura para escutar, e escolha a alternative correta.

Preparation method:

1. Wash the fruit.
2. Peel and chop the banana.
3. Add the ingredients to the blender.
4. Blend until smooth.
5. Pour into glass.

