



Zingy Green Smoothie



Shopping List:

200 mililiters orange juice.
2 handfuls of baby spinach.
Teaspoon of honey.
Three tablespoons low fat yoghurt.
Quarter of a cucumber.
2 teaspoons of flaxseed.
Half of an avocado.



Gather Utensils:

A blender.
A drinking glass.
A tablespoon.
A teaspoon.
A chopping board.
A kitchen knife.
A colander.



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Step 1.

**Add 200 mililiters
orange juice to the
blender.**



Step 2.

**Wash and dry two
handfuls of spinach .**



Step 3.

**Add spinach to the
blender.**





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Step 4.

Add three tablespoons of low fat yoghurt to the blender.



Step 5.

Cut a quarter of the cucumber and add to the blender.



Be safe when using a knife.

Step 6.

Cut half of an avocado.

Be safe when using a knife.





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Step 7.



Scoop out the avocado from the shell.

Step 8.



Add the avocado to the blender.

Step 9.



Add two teaspoons of flaxseed to the blender.



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Step 10.

Add one teaspoon of honey to the blender.



Step 11.

Blend until smooth



Final Step.

Pour into glass and enjoy !