

Smoothie CONTEST



Submissions Due
APRIL 14TH



Do you always feel that *Creativity in You?*
Here's a chance to *Show it Off!*

RULES & HOW IT WORKS

1. Create a healthy recipe for a smoothie!
 2. Please fill out the form attached and submit to your teacher.
- * You can use any ingredients with an exception of peanuts tree nuts and protein powder

The **WINNER**
will be Chosen On
APRIL 26TH



The **WINNING** recipe will be served
for a day in the cafeteria!

Name: _____
Grade: _____
Cohort: _____



Please fill out the following information.
Write down the **INGREDIENTS** and **PROCEDURE**
for the recipe that you created!



SMOOTHIE RECIPE NAME:

INGREDIENTS:

INSTRUCTIONS:

Blank area for writing instructions.

Name: _____
Grade: _____
Cohort: _____



Please fill out the following information.
Write down the **INGREDIENTS** and **PROCEDURE**
for the recipe that you created!

SMOOTHIE RECIPE NAME:

GREEN SMOOTHIE



INGREDIENTS:

1 Banana _____

1/2 Avacado _____

1/2 cup fresh spinach _____

1/2 cup milk _____

6 ice cubes _____

2 teaspoons honey _____

INSTRUCTIONS:

1. Blend the banana, avacado, spinach, milk, ice cubes and honey in a blender on medium to high speed until smooth.
2. Pour in a cup and ENJOY!