

BANANA SMOOTHIE



INGREDIENTS:

BANAAN	MILK	SUGAR	CINNAMON



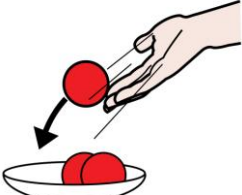
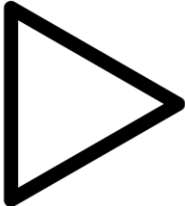


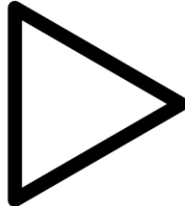

KITCHEN EQUIPMENT:


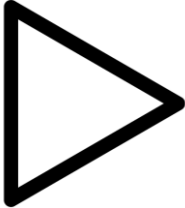
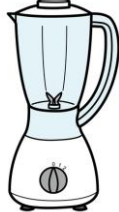
KNIFE	BOARD	BLENDER	GLASS





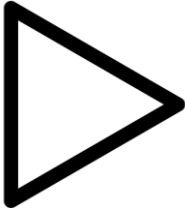

THE PREPARATION:

1	PEEL 	THE 	BANANAS 				
2	CUT 	THE 	BANANAS 				
3	DO 	THE 	BANANAS 	IN 	THE 	BLENDER 	

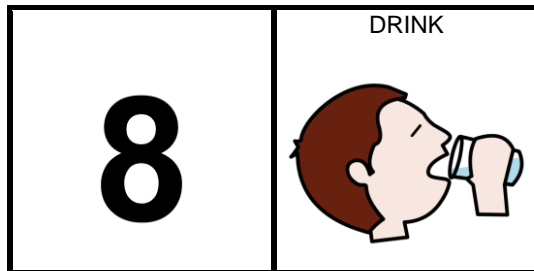
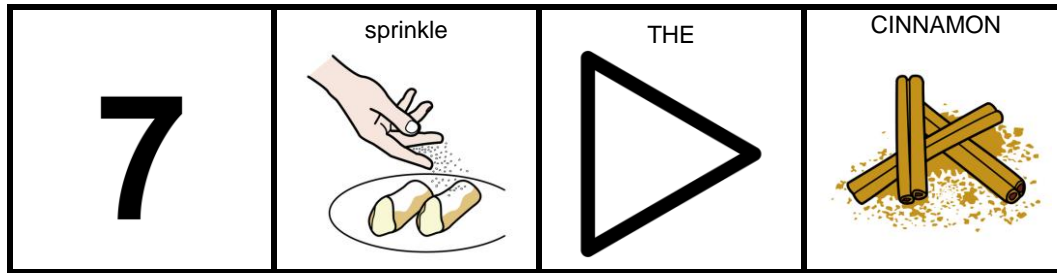
4	ADD 	THE 	MILK 	AND 	THE 	SUGAR 
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IN 	THE 	BLENDER 
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5	SWITCH ON 
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6	FILL 	THE 	GLASSES 
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OBSERVATIONS:

The amount of milk to be added will depend on whether the shake is more or less liquid.