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| INGREDIENTS AND AMOUNTS  2 c. orange juice  1 c. orange sherbet  1 banana – sliced  1 c. strawberries  1 c. mixed tropical fruit  ½ tsp. vanilla | EQUIPMENT ON TRAY (15)  2 c. LMC (4)  Bowl (5)  --------------------  1 c. DMC (13)  1 c. DMC (13)  ½ tsp. (13), custard cup (4) | | | Smoothies | KITCHEN: |
| NAME: |
| GROUP MEMBERS: | |
| EQUIPMENT FROM KITCHEN  Paring Knife (12), Cutting Board (15), Blender (1 or 11), Rubber Scraper (8) | |
| DIRECTIONS  1.Check the assembly of the blender FIRST  2. Chop banana into bite-sized pieces  3. Add ingredients to blender as follows  -Sherbet  -Orange Juice  -Fruit  -Vanilla Extract  4. Cover and **PUREE** until mixture is smooth  5. Unplug blender, remove lid and serve | | GROUP MEMBER  1.  2.  3.  -  -  -  -  4.  5. | CLEAN UP JOBS  1. Wash Dishes / Fill Towel Drawer from Basket \_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. Dry Dishes / Dirty Towels to Washing Machine  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. Put Dishes Away / Sweep the Floor  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. Wipe Counters / Empty and Scrub Garbage Can  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |

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