

Here's how to make a smoothie in 4 steps

		
<p>boost flavour</p>	<p>First, Start by Second,</p>	<p>Then,</p>
<p>cut ... into small pieces</p>  <p>plastic-free straw thickness</p>  <p>sweeten</p>  <p>enjoy</p>		<p>adding</p>  <p>one cup</p>  <p>creamy / creamier</p> 
<p>At last</p>	<p>add cut blend</p>	<p>thicken sweeten</p>
	 	

Solution (suggestion)

Add liquid
Start by adding one cup of milk or juice to the blender.
Add fruit
Banana makes for an awesome base. It has a mild taste and makes your smoothie creamy. Other fruits that also work well are berries, mango, pineapple, peaches, or apples. Cut your fruits into small pieces.
Thicken smoothie
To get the right thickness, add nut butter or yoghurt for a creamier smoothie.
Sweeten and boost flavour
Sweeten your smoothie by adding some honey. Add spices or herbs such as cinnamon or mint to make your smoothie extra special.
Enjoy your smoothie with a plastic-free straw.