

Green Dream Smoothie

Makes 30 2-ounce servings

Time: 15 - 20 minutes



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Kitchen Tools:

- 2 vegetable peelers
- Lettuce knives
- Cutting boards
- 1 small grater
- 1 set dry measuring cups
- 1 citrus juicer
- 1 blender (or immersion blender)
- 1 container with high sides (if using immersion blender)
- Set of bowls
- 1 liquid measuring cup
- Cut gloves

Ingredients:

- 2 apples
- 2 bananas
- 4 medium oranges, juiced
- 3 cups fresh spinach, tightly packed
- ½ Tablespoon fresh ginger (½ inch piece), grated
- 1 ½ -2 cups cold water
- 2-3 cups ice

Instructions:

1. The assistant educator begins prepping for cooking while the lead educator begins the lesson. Lead educator reads the recipe aloud with the students.
2. **Mise en Place (10-15 minutes):** Divide the class into three groups
 - a. **Group 1:** Peel and chop the apples, discarding the core. Measure out the desired amount of spinach and combine the spinach and apples in a bowl.
 - b. **Group 2:** Slice the bananas evenly. Carefully peel the ginger and grate ½ Tablespoon. Combine the ginger and bananas in a bowl.
 - c. **Group 3:** Cut the oranges in half. Divide the halves evenly among the students. Juice all the oranges.
3. Meanwhile, an educator will plug in the blender and add 1 ½ cups water to a high sided container.
4. While the students cook, discuss any learning objectives or teaching points.
5. Add the prepped ingredients to the container with the water, turn on the blender, and blend until smooth. Add ice as desired to thicken and chill the smoothie. If needed, add more water.
6. Serve immediately and enjoy!

