

# How to Make a Mango Smoothie

Supplies for activities needed:

- Blender
- Plain Greek yogurt
- Frozen Mango Chunks
- Banana
- Orange Juice
- Ice
- Measuring Cups

Activity Name:

- School Readiness Outcomes (SRO) goals met:
  - Following Multi-step or Complex Directions
  - The child uses a conventional or unconventional measuring tool and states the results
- Instructions
  1. Gather all of your ingredients
  2. Add 1 cup of ice
  3. Then add 2 cups of frozen mango chunks
  4. Add one banana
  5. Then add 1/2 cup of Plain yogurt
  6. After you add 3/4 cup of orange juice
  7. When all of your ingredients are in the blender you can blend them together
  8. Then you can enjoy your mango smoothie



**ECLIPSE**

