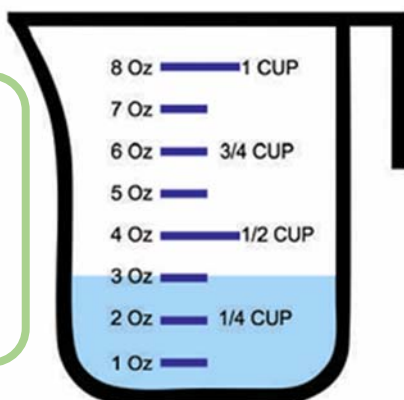
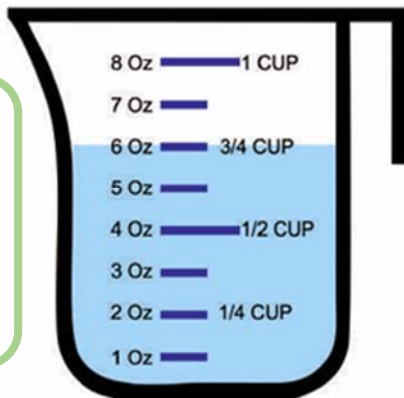
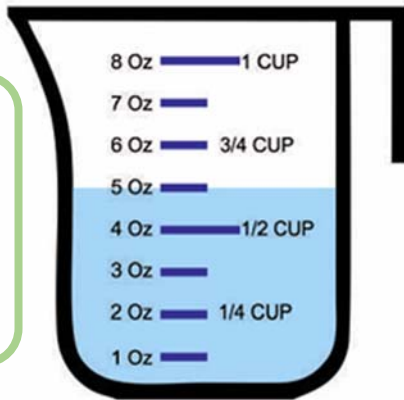


Name \_\_\_\_\_

## Smoothie Recipe

After reading the smoothie recipe, label the liquid in each measuring cup.



### Ingredients

1. 5 ounces of orange juice
2. 3/4 cup of plain or vanilla yogurt
3. 3 ounces of mixed berries (strawberries, blueberries, raspberries, etc.)

### Instructions

**Prepare the Fruit:** If you're using fresh berries, rinse them under cold water and remove any stems or leaves. If you're using frozen berries, they can go straight into the blender.

**Measure the Orange Juice:** Pour 5 ounces of orange juice into the liquid measuring cup, checking at eye level that the liquid is at the correct mark.

**Measure the Yogurt:** Using a dry measuring cup, scoop 3/4 cup of yogurt. To ensure an accurate measure, fill the cup and use a flat edge (like the back of a knife) to level off the top.

**Measure the Berries:** If you have a scale, you can weigh out 3 ounces of berries. If not, use a liquid measuring cup, and fill just until the berries reach the 3-ounce line. Note that this won't be as accurate since berries aren't a liquid, but it's roughly about 1/3 cup if you're using a standard cup measure.

**Blend the Smoothie:** Add the orange juice, yogurt, and berries to a blender. Blend on high speed until the mixture is smooth and creamy. If the smoothie is too thick, you can add a little more orange juice to reach your desired consistency.

**Serve:** Pour the smoothie into a glass and enjoy immediately for the best flavor and texture.