



Banana Cooler


Makes 2 Servings

You Need:



2 oranges
(1/4 cup juice)



1 ripe
banana



1 tsp.
almond extract



1 Tb. honey



1 cup milk



liquid
measuring cup


2 glasses


Tablespoon

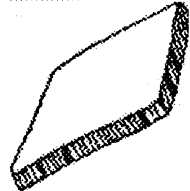

1/4 teaspoon

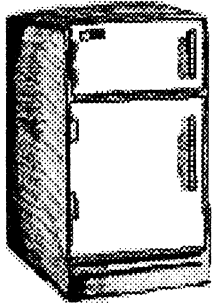

6 ice cubes

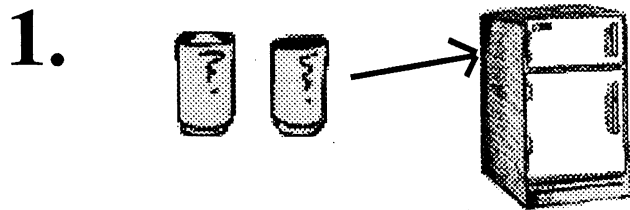

sharp knife


juicer


blender

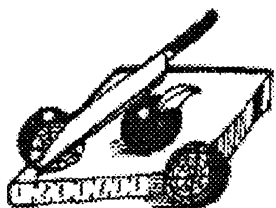

cutting board


freezer

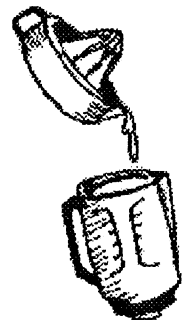


Put 2 glasses in freezer to chill.

2.



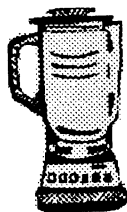
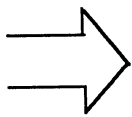
1/4 cup



Cut 2 oranges in half. Juice them. Measure 1/4 cup juice. Pour into blender jar.

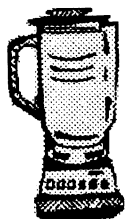
3.

1 banana



Peel 1 banana. Add to blender.

4.



Plug in blender. Put lid on blender jar. Push button to BLEND.
Blend until smooth.

5.

1 cup



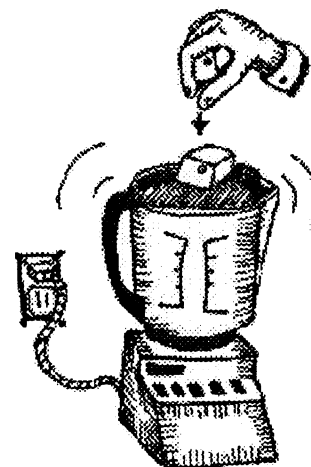
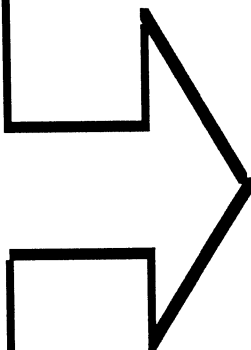
1/4 tsp.



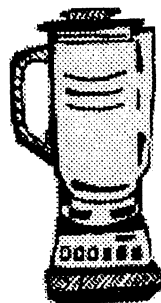
1 Tb.



6 ice cubes

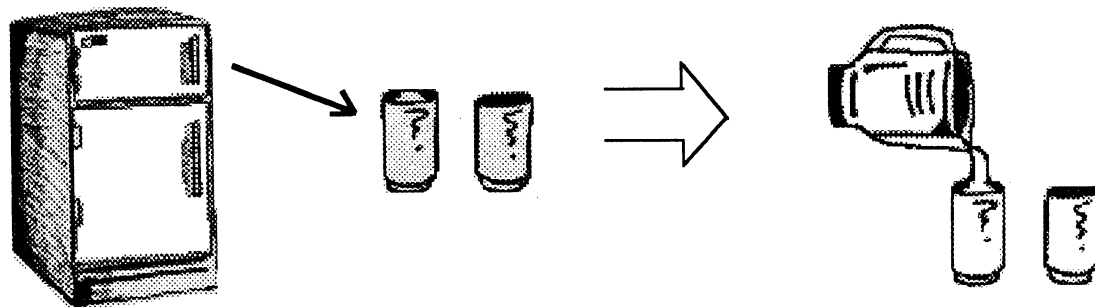


Measure 1 cup milk, 1/4 tsp. almond extract, 1 Tb. honey and 6 ice cubes.
Pour into blender jar.



Put lid on blender. Push button to BLEND. Blend until smooth.

6.



Remove glasses from freezer. Pour drink into chilled glasses and serve.

BANANA COOLER

You Need:

2 oranges (1/4 cup juice)
1 Tb. honey
1 ripe banana
1 cup milk
1/4 tsp. almond extract
5 - 6 ice cubes
freezer
2 glasses

juicer
liquid measuring cup
1/4 teaspoon
Tablespoon
sharp knife
cutting board
blender

1. Put 2 glasses in freezer to chill.
2. Cut 2 oranges in half. Juice them. Measure 1/4 cup juice. Pour into blender jar.
3. Peel 1 banana and add to blender.
4. Plug in blender. Put lid on blender jar. Push button to BLEND. Blend until smooth.
5. Measure 1 cup milk, 1 Tb. honey, 1/4 tsp. almond extract and 6 ice cubes. Pour into blender jar. Put lid on blender. Push button to BLEND. Blend until smooth.
6. Remove glasses from freezer. Pour drink into chilled glasses and serve.