



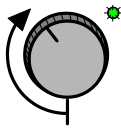
How to make a Banana smoothie



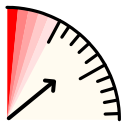
1 .Peel the banana and chop the banana



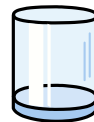
2. Put the banana in a blender with a glass of milk .



3. Switch on the blender on and wait for 2



minutes



4. Pour the smoothie into a glass



5 Drink and enjoy