



Flop's Carrot... Smoothie!

For 2 servings you will need:

- A blender (preferably one named Brenda)
- Wooden spoon
- Measuring cups

Ingredients:

- 1/2 cup grated or diced carrots
- 2 ripe bananas
- 2 cups strawberries
- 1/2 cup milk (or your favourite milk alternative)
- 1 cup yoghurt
- 1 tbsp honey
- 2 tbsp poppy seeds or chia seeds (optional for more adventurous smoothie-makers)

Instructions:

- Mix up the honey, yoghurt, and milk in Brenda the blender.
- Chop up the bananas into smaller pieces and then add these pieces to the mixture.
- Add the strawberries & blend. Use your wooden spoon to make sure that everything has blended smoothly.
- Now add in the carrots and blend until the mixture is nice and smooth.
Last but not least...

**"Go go go go gooo...
TOP SPEED!"**

to make sure the smoothie is
yummy delicious
and lump-free!



Please use caution and your own good judgement about which steps your Bingster can safely be involved in.