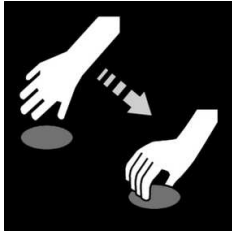
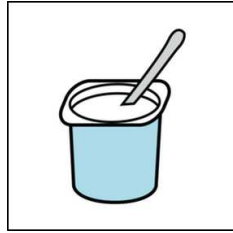


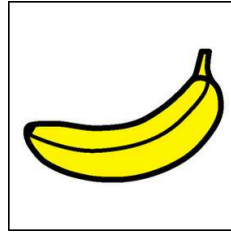
Fruit Smoothie Recipe PEC Board



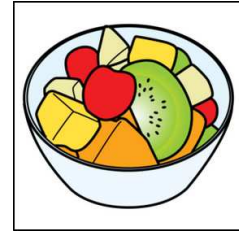
get



6 ounces
yogurt



3 bananas



1 cup
frozen fruit



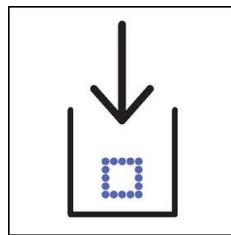
1-1/2 cups
juice



one



6 ounces
yogurt



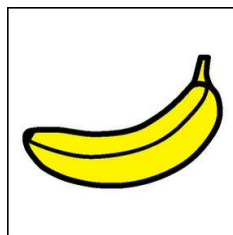
in



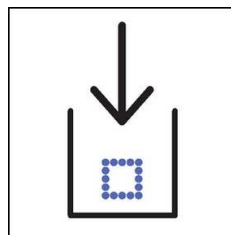
blender



two



3 bananas



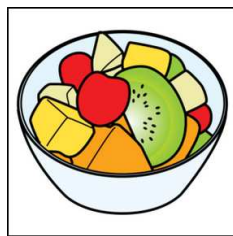
in



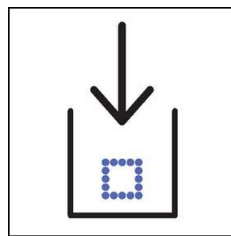
blender



three



1 cup
frozen fruit

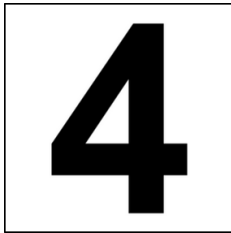


in



blender

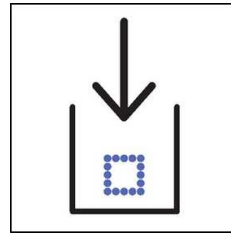
Fruit Smoothie Recipe PEC Board



four



1-1/2 cups
juice



in



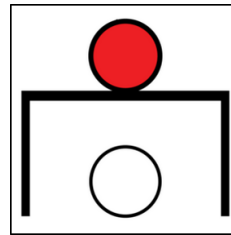
blender



five



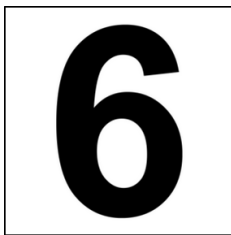
lid



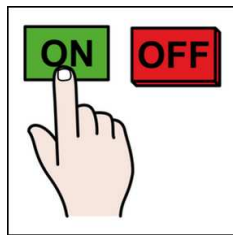
on



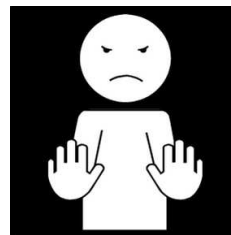
blender



six



press on



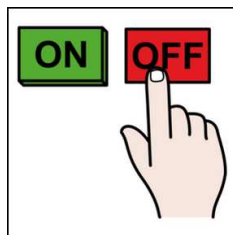
wait



50 seconds



seven



press off



all done