



## FRUIT SMOOTHIE BATIDO DE FRUTAS

### Ingredients:

- 1 (6 ounce) can frozen orange juice or lemonade concentrate
- 1 1/2 cups milk
- 1/4 cup sugar (optional)
- 1/2 teaspoon vanilla extract
- 10 cubes ice

### Directions:

In a blender, combine juice concentrate, milk, sugar (optional), vanilla, and ice cubes. Blend until smooth. Pour into glasses and serve. Yum!

While you make your cool treat, review the Spanish words for the ingredients you are using:

- the ice – el hielo
- the milk – la leche
- the orange – la naranja
- the lemonade – la limonada

**PLEASE NOTE:** While fruits and vegetables are an important part of the foods we eat, “sweet treats” are delights to have on occasion.

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