

# HOW TO MAKE A HEALTHY SMOOTHIE

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## THINGS YOU WILL NEED:

\*BLENDER

\*1 PINAPPLE RING

Number CUP OF ORANGE JUICE

\*3 PICKLES

\*1 POUND OF FROG GUTS

\*1 CUP OF YOGURT

\*2 CARTONS OF PORK FLAVORED ICE CREAM

Number JUG(S) OF SPOILED MILK

FIRST

YOU MIX THE,ORANGE JUICE,PICKLES,YOGURT,FROG GUTS,AND PORK FLAVORED ICE CREAM.  
THEN YOU MIX IT IN THE BLENDER AND ADD \_\_\_\_\_CUPS OF SPOILED MILK.NEXT ADD  
A PINAPPLE RING ON THE SIDE AND DRINK UP.