

**LET'S MAKE A
SMOOTHIE!**

Sacha Chua



Yum yum!



Mama blends it again.



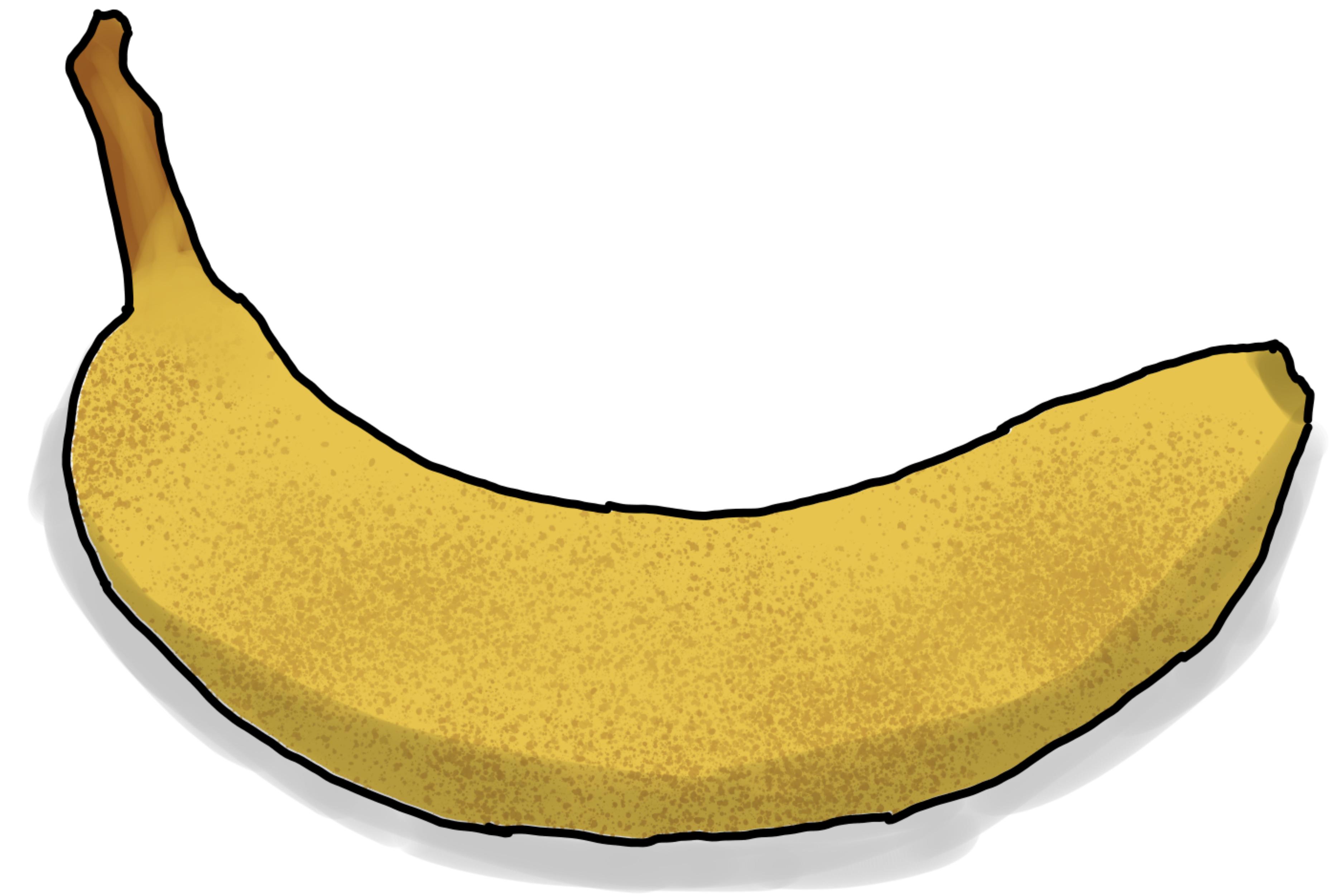
It's time to make a smoothie!



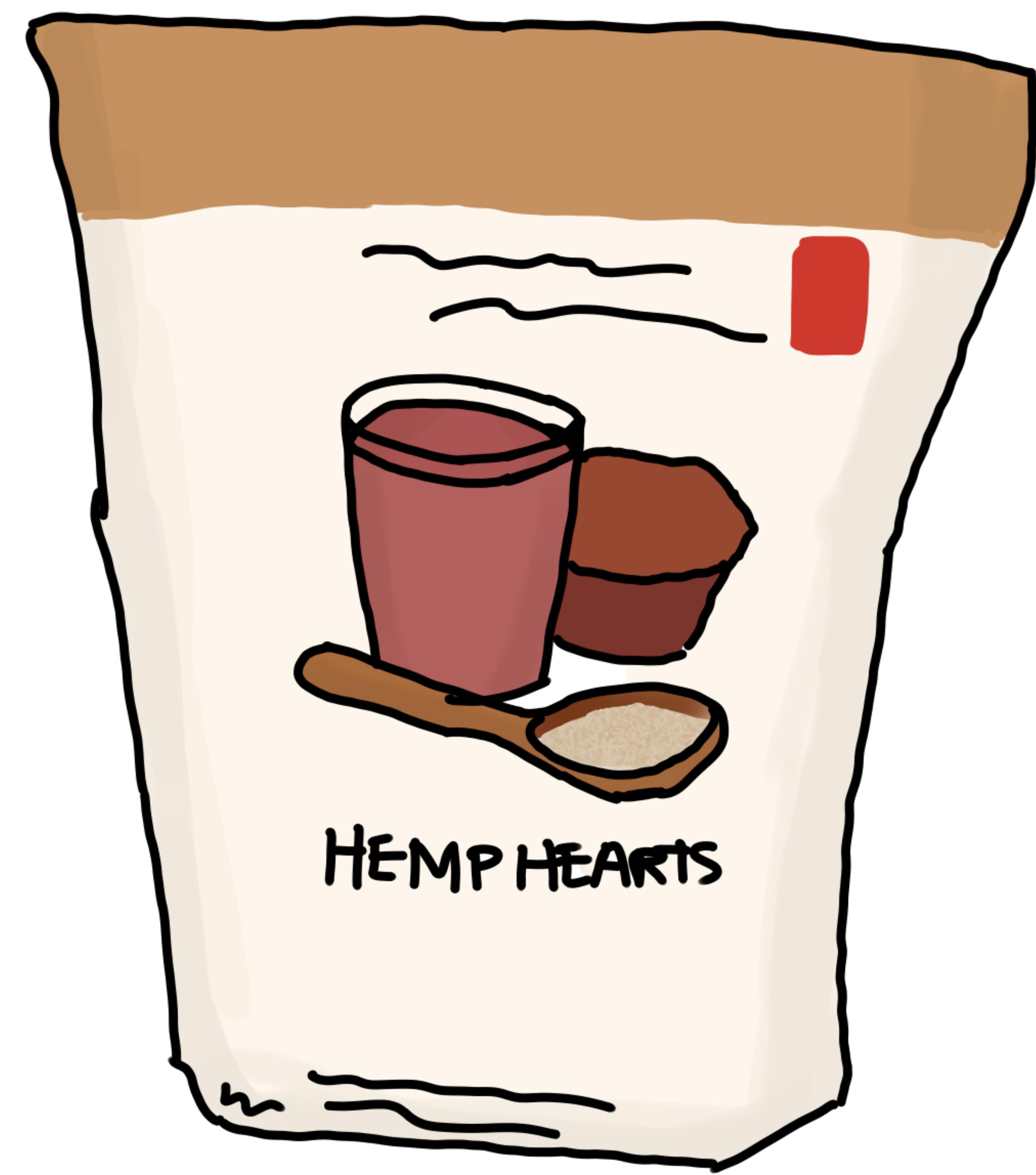
I pour blueberries into the blender.



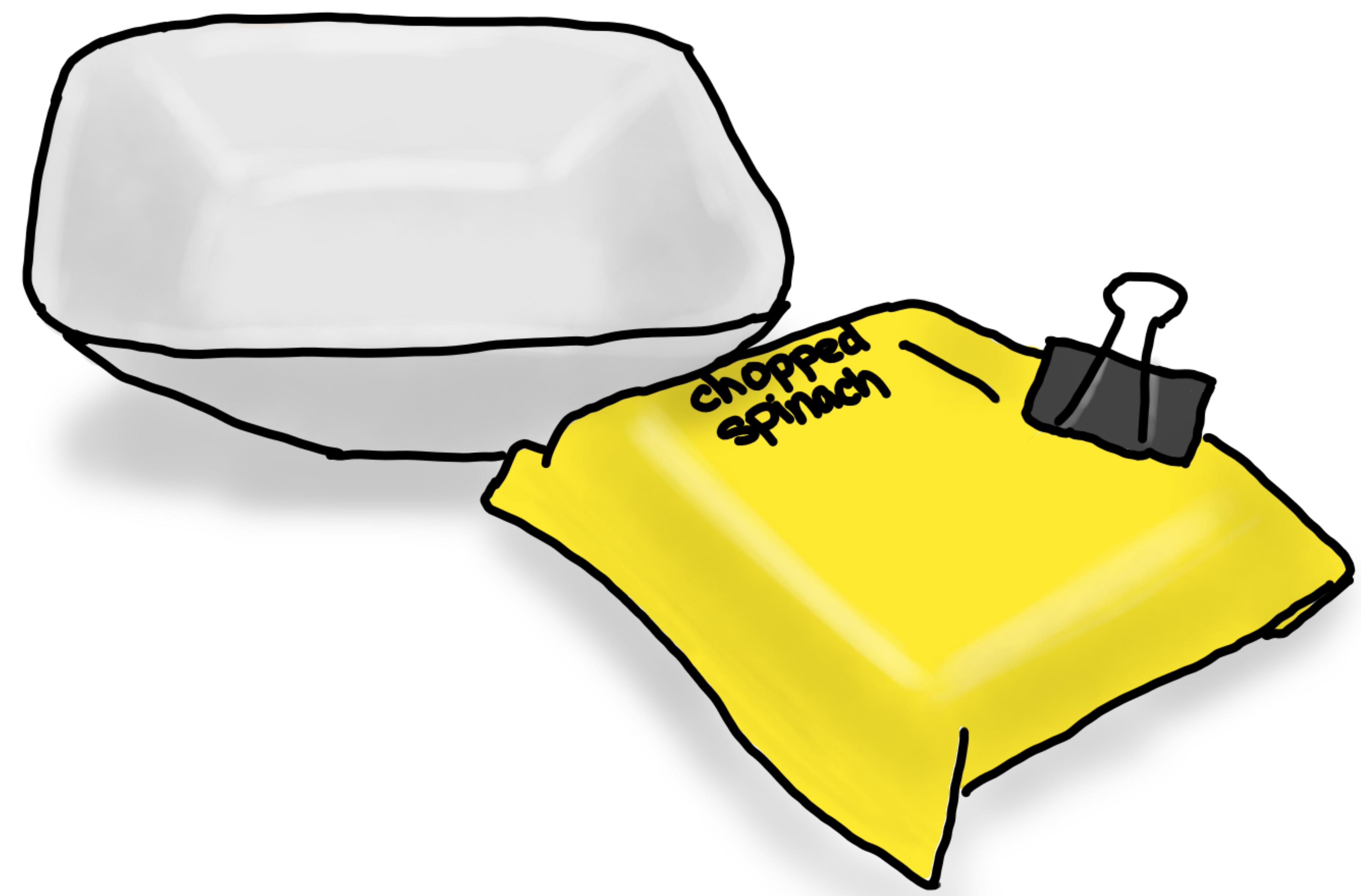
I add some yogurt.



I peel and add a banana.



Mama adds hemp seeds.



I add spinach.



Mama blends it all with some water.