

**LET'S MAKE A
SMOOTHIE!**

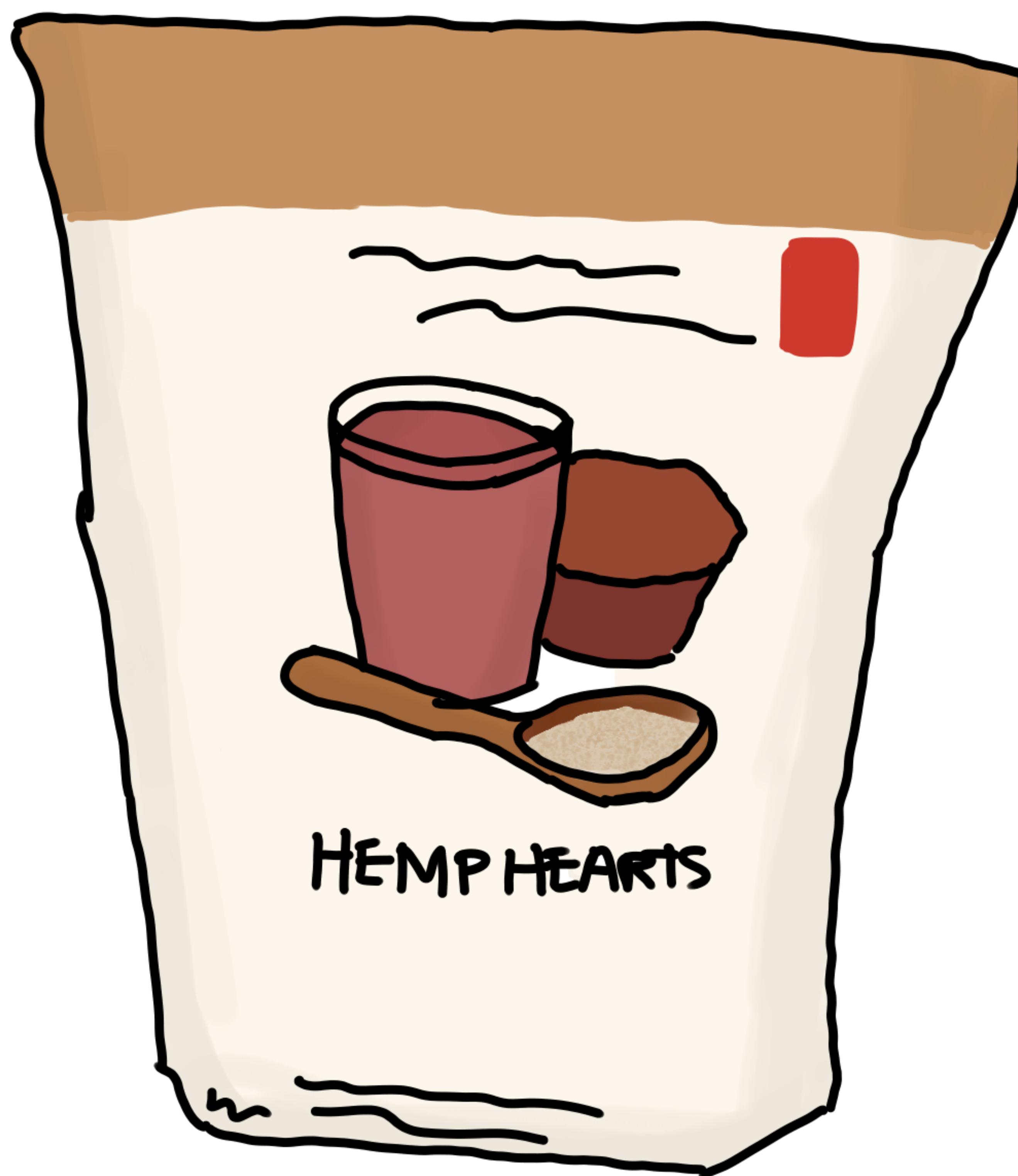
Sacha Chua



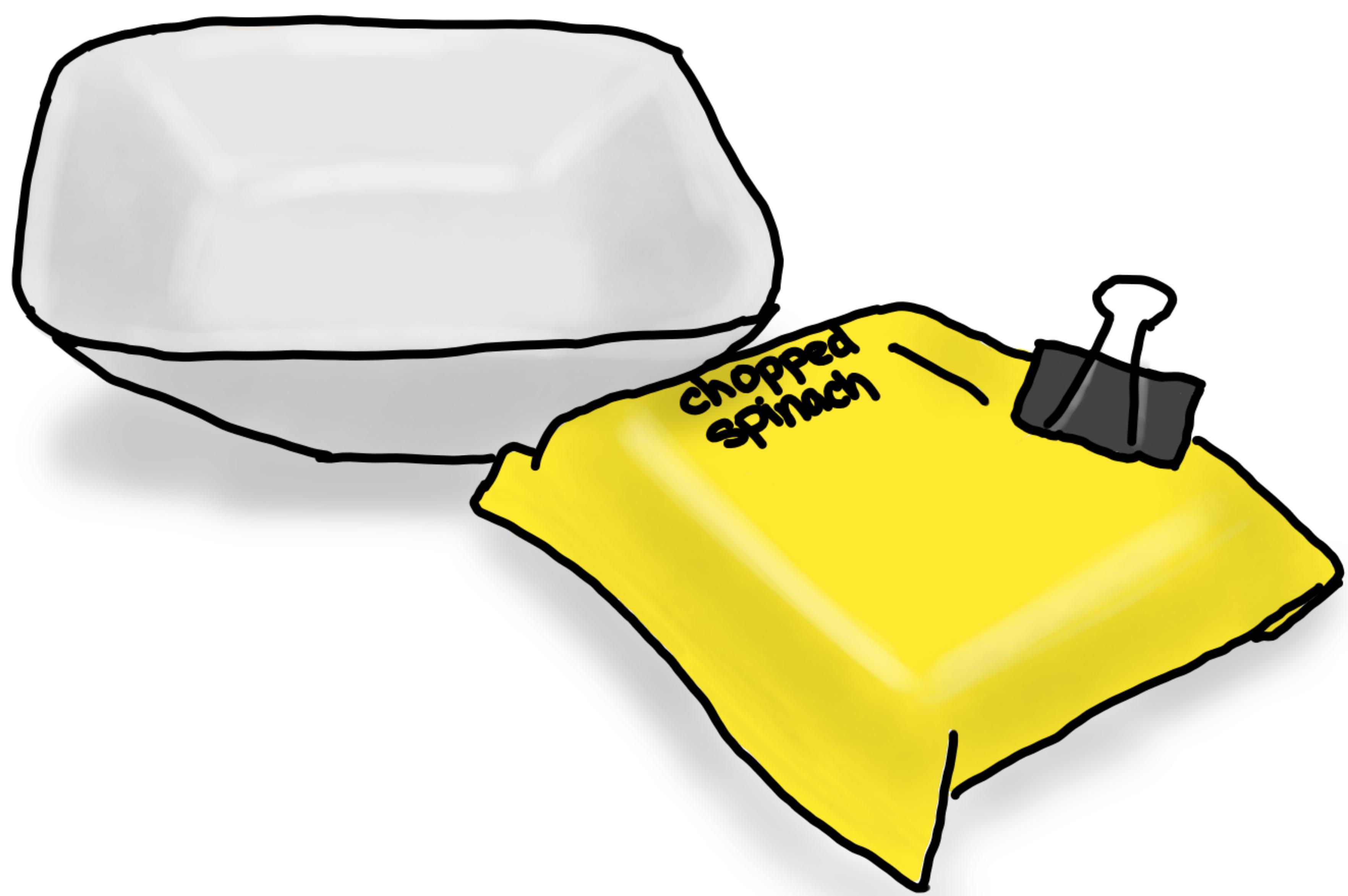
It's time to make a smoothie!



I pour blueberries into the blender.



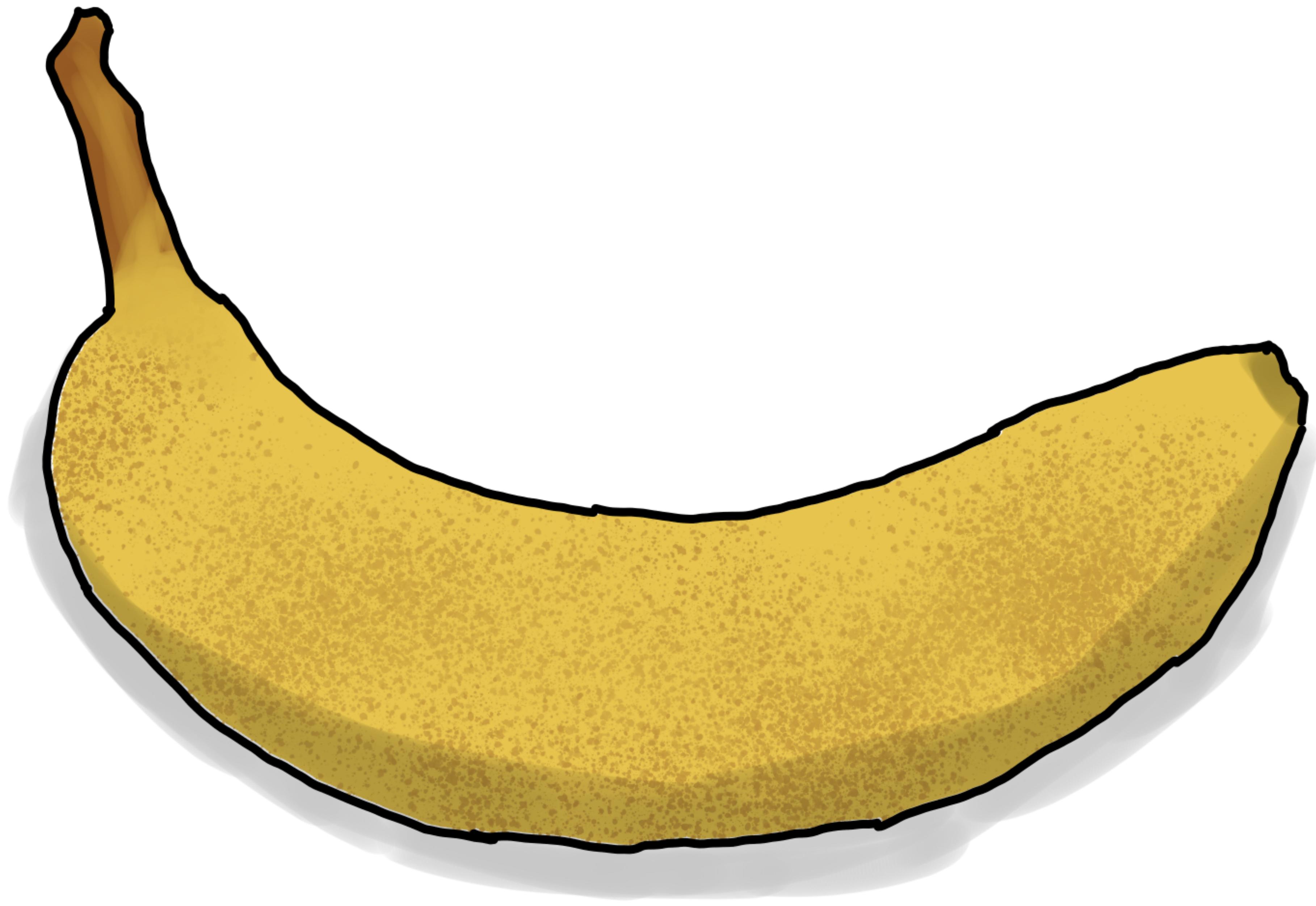
Mama adds hemp seeds.



I add spinach.



Mama blends it all with some water.



I peel and add a banana.



I add some yogurt.



Mama blends it again.



Yum yum!

