Tropical Smoothie

**Equipment:**
- Blender
- Chopping board
- Knives
- Measuring jug
- Measures

**Ingredients:**
- 10 ice cubes
- 1 banana, sliced
- ½ punnet strawberries, roughly chopped
- 200 ml coconut milk
- 1 teaspoon vanilla essence
- 2 Tablespoons honey

**What to do:**

Place all ingredients into the blender and put the lid on.

Plug blender into the power point and turn it on.

Blitz for a few minutes until all ingredients are blended.

Turn off the blender. Turn off at the power point.

Pour into cups and serve!