



# Step by step guide

## You will need

Sweetbird Smoothie mix  
12oz cup  
Cold water  
Ice cubes  
Blender



## Method



1 Fill your cup with ice cubes.



2 Add water over the ice to fill  $\frac{1}{3}$  of the cup.



3 Fill to the top with Sweetbird Smoothie mix.



4 Pour contents of cup into blender jug.



5 Blend until smooth.



6 Then pour and serve.