# DIENEP · PIXAR CONSTERS UNIVERSITY

## SPOOKSY SWOOTH HESI

Halloween fun for family and friends!



### SULLY'S BOO-BERRY SCARE

#### **YOU WILL NEED**

1/2 cup of blueberries 1 small banana 1/2 cup of ice 6 ounces of filtered water

#### **DIRECTIONS**

- 1. In a blender, blend the blueberries and small banana with the ice and filtered water until smooth.
- 2. Divide into four glasses and serve.

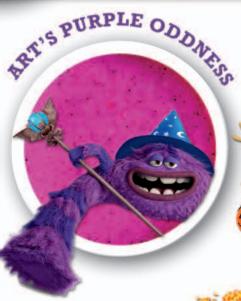


#### **YOU WILL NEED**

1/2 cup mango 1/2 cup pineapple 3 leaves of green kale (stems removed) 1/2 cup of ice 6 ounces of coconut milk

#### **DIRECTIONS**

- 1. Put mango, pineapple, kale, ice and coconut milk into a blender. Blend on high until smooth.
- 2. Pour smoothie into serving glasses. Place candy eyes and pineapple triangles on top.



#### **YOU WILL NEED**

1/2 cup dragon fruit, peeled5 large strawberries1 small banana, peeled1/2 cup of ice6 ounces of filtered water

#### **DIRECTIONS**

- Put dragon fruit, strawberries, banana, ice and filtered water into a blender. Blend on high for 30 seconds or until smooth.
- 2. Divide into four glasses and serve.



#### **YOU WILL NEED**

2 carrots
1/2 cup orange juice
1 cup of ice

1/2 cup vanilla coconut creamer

#### **DIRECTIONS**

1. Put ingredients into a blender. Blend on high until smooth.



ON DIGITAL HD OCTOBER 8TH

AND BLU-RAY COMBO PACK OCTOBER 29TH