

Recipe 5: Smoothies



Refreshing, delicious & healthy, smoothies are great natural energy boosters. Use fruit in season for even more flavour & vitamins but also frozen or tinned exotic ingredients. Here are three great recipes to get you started!

Super Superb smoothie (The Green One)

1 small banana or 4 large pieces
5-6 large strawberries
10 blueberries
4 Grapes green or red (or both)
Handful of Spinach leaves (15-20)
Some apple juice

Wash all the ingredients and ask a grown-up to add them to a blender or food processor. Whiz until smooth. Pour out in a large glass and add some more apple juice or water to dilute it slightly, if you prefer. Enjoy!

Extremely Excellent smoothie (The Red One)

15-18 Blueberries
8 large strawberries
2 large pieces of banana (20mm)
1 large piece of pineapple
100-125g Greek style yoghurt

Wash all the ingredients and ask a grown-up to add them to a blender or food processor. Whiz until smooth. Pour out in a large glass and add some water to dilute it slightly, if you prefer. Enjoy!

Splendid Sunshine Smoothie (The Yellow One)

1 small mango
¼ melon canteloupe
some orange juice

Ask a grown-up to cut the mango either side of the stone and carefully remove the flesh. Also they need to peel, de-seed and cut the melon into pieces. Add all the ingredients to a blender or food processor, together with some orange juice. Whiz until smooth. Pour out in a large glass and add some more water or apple juice to dilute it slightly, if you prefer. Enjoy!

We look forward to receiving **pictures of YOUR FABULOUS SMOOTHIES**. Please ask your parent or carer to e-mail the picture with your name & class to:

admin@midfield.bromley.sch.uk