

# Smoothie Practical

## Ingredients

- 300ml Fruit juice or soya/oat milk
- 4-5 different fresh fruits

examples of amounts -  $\frac{1}{4}$  big fruits e.g. Melon or Pineapple

$\frac{1}{2}$  large fruits e.g. Mango

1 average fruit e.g. apple, pear, banana

2 small fruits e.g. passion fruit, kiwi

10 - 20 berries e.g. strawberries or even grapes

## Optional extras

- 100 ml soya yoghurt
- $\frac{1}{2}$  tsp spice e.g. nutmeg, ginger



**Remember a bottle for your smoothie!!!**

## Method

1. Wash hands, apron on, wipe surface etc
2. Wash, peel, deseed, slice and dice all fruit in to chunks suitable for a blender.
3. Place juice/milk, fruit and yoghurt into the blender and mix (remember the lid!!!)
4. Pour into your bottle or into a plastic glass and decorate if you want to.
5. Keep in a fridge if you are not drinking it straight away.