4 SMOOTHIE RECIPES

TROPICAL PARADISE

What you need:

- 1/2 cup pineapple (fresh or frozen)
- 1/2 banana
- 1/2 cup apple juice
- 1/4 cup orange juice
- A squeeze of lemon (optional)
- A few ice cubes

1. Add banana and pinneapple pieces to the blender.
2. Fill up your cup and add first the apple juice, then the orange juice
3. Squeeze in 1/2 lemon to add a citrus touch.
4. Blend for 2 minutes.
5. Serve in a cup with ice cubes



BERRY PURPLE POWER

What you need:

- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/4 cup cooked beet (pre-cooked)
- 1/2 banana
- 1/2 cup water or apple juice

1. Wash the berries and add them to the blender.
2. Ask an adult to chop the beetroot and add it in as well
3. Add the bana slices
4. And fill up half a glass with apple juice.
5. Blend for 2 minutes and pour in a glass.



SUPER GREEN HULK

What you need:

- 1/2 avocado
- 1 small handful of spinach
- 1/4 cucumber
- 1/2 banana
- 1/2 water or apple juice

1. Ask and adult to scoop half of an avocado for you
2. Add to a blenderwith half a banana
3. Add a small handful of frozen spinach
4. Add 1/4 of cucumber slices
5. Finally add water or apple juice.
6. Blend for 2 minutes and serve cold.

TOP TIP: **Frozen spinach has less "green" taste!**



CHOCO-BANANA DELIGHT

What you need:

- 1 banana
- 3 dates
- 1 teaspoon cocoa powder
- 1/2 cup milk
- cinammon

1. Add banana slices to the blender
2. Put 3 pitted dates in and a spoon of cocoa powder
3. add 1 cup of milk
4. Sprinkle some cinammon in for flavour
5. Blend until it's creamy and chocolately
6. Enjoy with a straw!



GET AN ADULT TO HELP!