

# Forest smoothie



10 minutes  
Preparation



5 minutes  
Whizzing



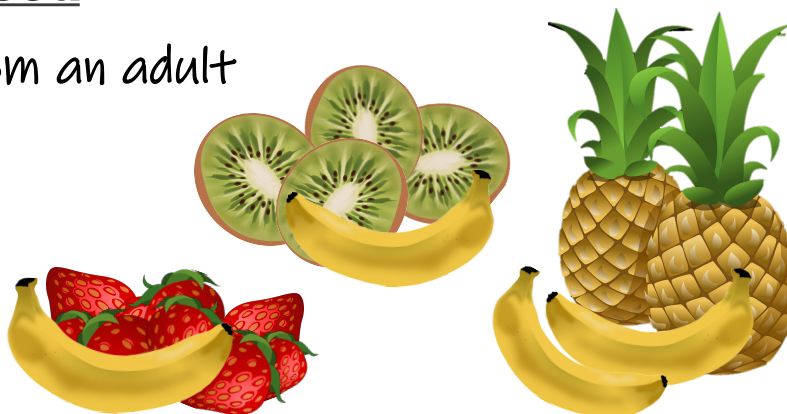
2 - 6  
Portions

## You will need

Permission from an adult



Milk or water



Your choice of fruits, but check our suggestions below...



Blender

## Method

1. Firstly you need to choose your fruit combination. Pick from one of ours or experiment with your own.

**Strawberry & Banana**

**Kiwi &  
Banana**

**Pineapple  
& Banana**

2. Prepare your fruit with an adult by peeling and chopping where necessary.

3. We suggest the following ratio 2 cups fruit : 1 cup liquid

4. Put the cups of fruit in the blender along with a cup of milk (any of your choice) or even water.

5. **Whiz!** Watch as the colours blend into a consistent mixture.

6. Serve in your favourite cups.

Now to share and enjoy. Don't forget to show us your photos!

This recipe can be *Vegan* if a dairy alternative milk or water is used.