

LET'S MAKE SMOOTHIES

(Serves 2)



INGREDIENTS

Banana & Peach

1 tin of peaches
1 banana, peeled and chopped
1 cup of unsweetened apple juice
2-3 tablespoons natural low-fat
yoghurt / Greek yoghurt

Tropical

500g frozen tropical fruit
600ml ice cold unsweetened
pineapple juice

Peanut Butter & Banana

1 large banana
½ cup of semi skimmed milk
3 tablespoons of Greek yoghurt
1 heaped tablespoon of peanut butter
½ tablespoon of honey

Remember to check for allergens
before you start cooking.

Strawberry

1 banana, peeled and chopped
500g of strawberries
900ml ice cold semi skimmed milk

Peach Melba

1 banana, peeled and chopped
2 peaches, stoned and chopped
250g raspberries
900ml ice cold semi skimmed milk

METHOD

1. Blend all ingredients together using a smoothie maker or blender and pour into glasses.



Accompanying recipes can be
viewed by scanning QR code.
QR Readers can be downloaded
at iStore or Google Play.

Visit: <http://tiny.cc/saccsmoothies>

<https://sandwelladvocacy.org/caring-cooks-project>



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