

Cranberry and Raspberry

Ingredients (serves 6)

200ml cranberry juice
175g raspberries
100ml milk
200ml natural yoghurt
1 tbsp. caster sugar
Mint sprigs to serve

Method

1. Place all the ingredients into a blender and pulse until smooth.
2. Pour into glasses and serve topped with fresh mint.

Equipment

A blender
A spoon
6 tall glasses

Mango Madness

Ingredients (serves 4)

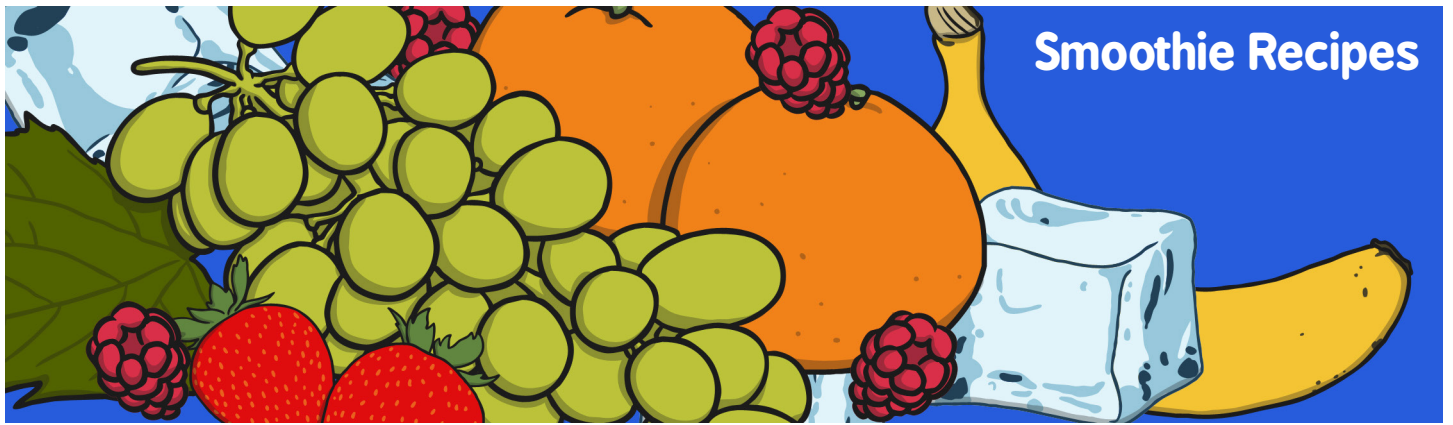
- 1 medium mango
- 1 banana
- 500ml orange juice
- 4 ice cubes

Equipment

- 4 tall glasses
- A blender
- A knife

Method

1. Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks.
2. Peel and chop the banana.
3. Put all the ingredients into a blender, then process until smooth and thick.
4. Pour into four tall glasses.



Beetroot Delight

Ingredients (serves 1)

2 small raw beetroots,
peeled and roughly
chopped

1 small apple peeled,
quartered and cored

50g blueberries

1 tbsp. grated ginger

300ml water

Method

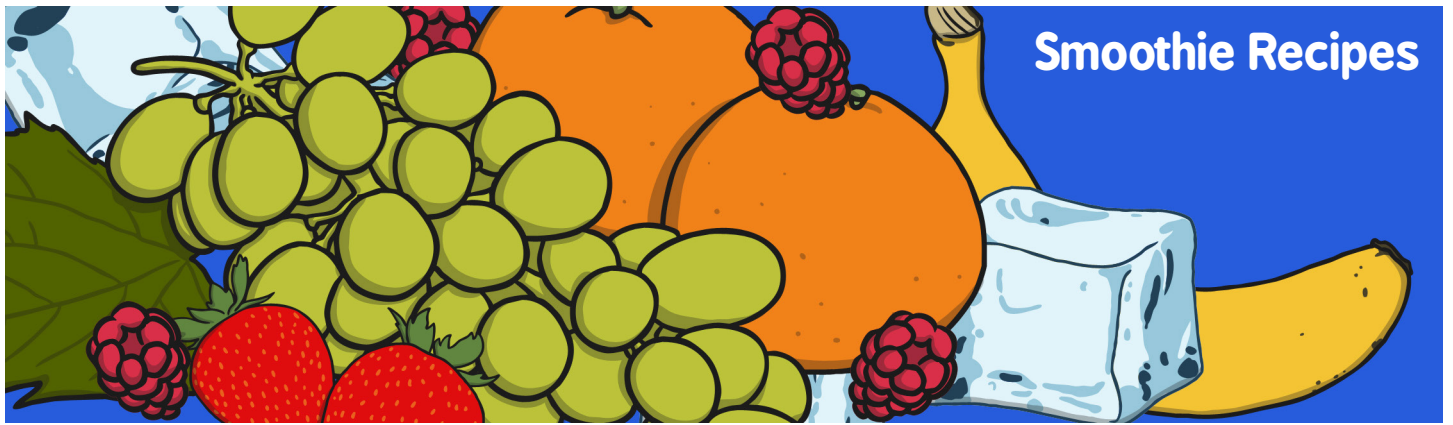
1. Put the beetroot, apple, blueberries and ginger in a blender, top up with water then blitz until smooth.
2. Pour into a tall glass.

Equipment

A tall glass

A knife

A blender



Banana, Honey and Hazelnut

Ingredients (serves 2)

- 1 peeled, sliced banana
- 250ml milk
- 1 tsp. honey
- 1 tsp. grated nutmeg
- 2 tsp. chopped hazelnuts to serve

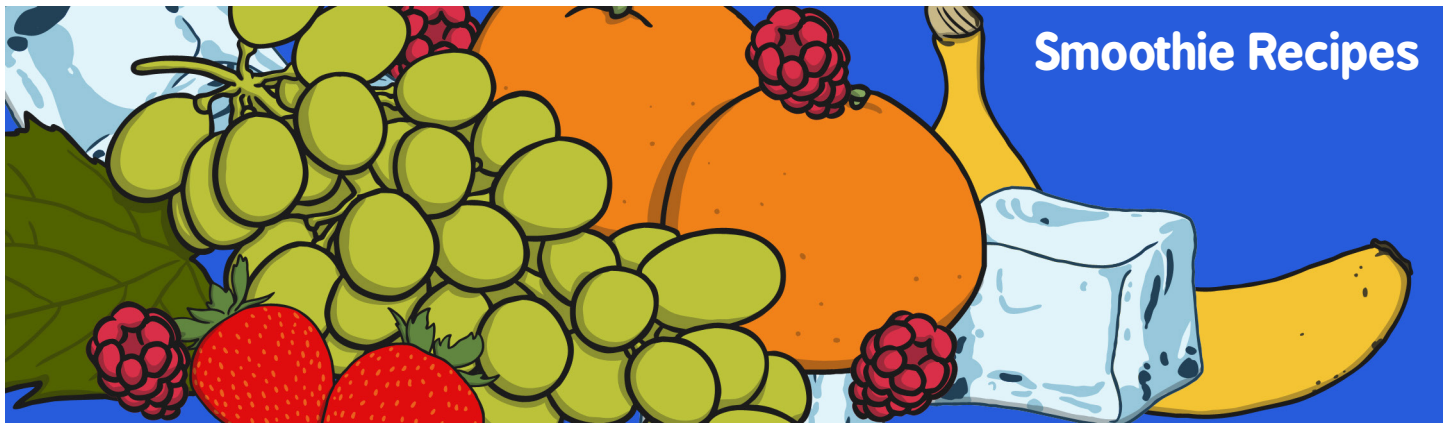
Method

1. Blend the banana with milk, honey and grated nutmeg until smooth.
2. Pour into two tall glasses and top with the chopped hazelnuts to serve.

Equipment

- A knife
- A grater
- A spoon
- 2 tall glasses
- A blender

This resource is intended for use with adults only, and is part of our resource package designed for elderly care.



Chocolate, Banana and Peanut Butter

Ingredients (serves 3)

230 ml unsweetened almond milk

100 ml vanilla Greek yoghurt

1 tbsp. ground flaxseed

1 tbsp. unsweetened cocoa

2 tbsp. peanut butter

1/2 tbsp. vanilla extract

2 bananas, frozen

Whipped cream to garnish

Method

1. Place all the ingredients in a blender.
2. Blend until smooth.
3. Pour into glasses and garnish with whipped cream.

Equipment

3 tall glasses

A knife

A blender

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