

Food Recipe

Happy
Mother's
Day



Fruit Smoothie

Ingredients

(Serves 1)

- 4 strawberries
- 100g fresh mango
- 1 small banana
- Juice of 1 orange
- 3 tbsp plain yoghurt
- 1 tbsp honey

Equipment

- Blender
- Knife
- Chopping board
- Spoon
- 1 drinking glass
- 1 straw

Method

1. Chop three strawberries, the mango and the banana on the chopping board.
2. Put them into the blender.
3. Spoon the plain yoghurt and honey into the blender.
4. Pour in the orange juice and blend everything until you have a smooth, runny mixture.
5. Pour the smoothie mixture in a glass.
6. Cut the remaining strawberry in half and use it to decorate the glass.
7. Add a colourful straw.

