



Superhero Green Smoothie

Ingredients

- 1 cup baby leaf spinach
- $\frac{1}{2}$ avocado
- 1 banana
- $\frac{1}{2}$ mango
- 2 cups cold water

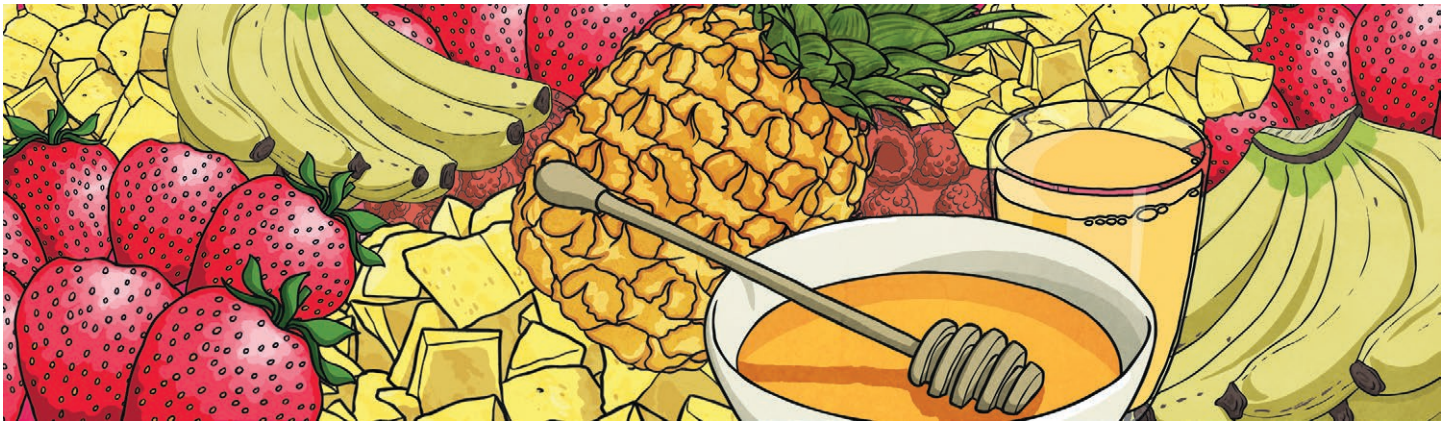
Equipment

- Blender
- Knife
- Chopping board
- Cups

Method

1. Two hours (or more) before cooking with the children, cut the banana into slices and put it in the freezer.
2. With the children, peel and cut the avocado and mango.
3. Add the spinach, avocado, frozen banana, mango and water to the blender, then blitz until smooth.
4. Pour the smoothie into cups to serve.





Superhero Red and Yellow Smoothie

Ingredients

Red Smoothie

- 150g frozen strawberries
- 120ml raspberry juice (or raspberry and cranberry juice/raspberry and beetroot juice)
- 1 tsp honey

Yellow Smoothie

- 160g mango
- 120g pineapple
- 1 small banana
- 120ml orange juice
- 6 ice cubes

Equipment

- Blender
- Knife
- Chopping board
- Transparent tumblers/cups

Method

1. The night before making the smoothies, cut the banana into slices and place in the freezer.
2. To make the red smoothie, simply place the strawberries, raspberry juice and honey in a blender and blitz until smooth.
3. Pour the smoothie half of the way up each cup and place in the freezer for 10 minutes.
4. Wash out the blender and make the yellow smoothie by adding the mango, pineapple, banana, orange juice and ice cubes, then blitzing until smooth.
5. Remove the cups with the red smoothie from the freezer and add the yellow smoothie on top of each.





Superhero Red, White and Blue Smoothie

Ingredients

Red Smoothie

- 150g frozen strawberries
- 120ml raspberry juice (or raspberry and cranberry juice/raspberry and beetroot juice)
- 1 tsp honey

White Smoothie

- 1 banana
- 2tbs vanilla yoghurt
- 120ml milk

Blue Smoothie

- 15g baby leaf spinach
- 40g frozen blueberries
- 170ml milk

Equipment

- Blender
- Knife
- Chopping board
- Transparent tumblers/cups

Method

1. The night before making the smoothies, cut the banana into slices and place in the freezer.
2. To make the red smoothie, simply place the strawberries, raspberry juice and honey in a blender and blitz until smooth.
3. Pour the smoothie a third of the way up each cup and place in the freezer for 10 minutes.
4. Wash out the blender and make the white smoothie by adding the frozen banana slices, vanilla yoghurt and milk, then blitzing until smooth.
5. Remove the cups with the red smoothie from the freezer and add the white smoothie so it is another third of the way up. Place the cups back in the freezer for 10 minutes.
6. Wash out the blender and make the blue smoothie by adding the spinach, frozen blueberries and milk, then blitzing until smooth.
7. Remove the cups with the red and white smoothie from the freezer and add the blue smoothie on the top.
8. You will now have full cups of red, white and blue smoothies.
9. Enjoy!

