

Fresh Fruit Smoothies

You will need -

Colander - for washing and draining fruit
Chopping Board
Knife and/or Kitchen Scissors
Spoon
Blender
Sieve - if required
Cup/Glass - to drink from

Ingredients -

(you can use any fruit you like, remember to choose lots of different colours & have a go at trying something new)

Strawberries
Raspberries
Banana
Fat Free Yogurt - for a thicker smoothie
Skimmed/Semi-Skimmed Milk - for a thinner smoothie

Try to measure out your ingredients using the correct portion size for you

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. On a chopping board use the claw grip to cut the stalks off your strawberries
2. Use the bridge hold to cut your strawberries into quarters
3. Place in your blender jug
4. Peel a banana and use the claw grip to cut into slices
5. Add to your blender
6. Add a portion size of raspberries to the rest of the fruit in your blender
7. Spoon out 2 spoons of fat free yogurt or milk and add to your fruit
8. Blend until smooth and well mixed
9. Pour into a cup/glass and drink immediately

Notes -

Your smoothie should be consumed immediately and not kept for any length of time. If you prefer a smoother drink you can sieve to remove any small seeds from fruits such as strawberries and raspberries.



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