

Fruit Juice Potions

You will need -

- Measuring Jug
- Spoon
- Cup - to drink from

Ingredients -Fruit Juice, ideas to try -

(you can use any you like, try to use flavours you know you'll like with new flavours you might not be sure about and remember to check the labels)

- | | |
|------------|--------------|
| Apple | Cranberry |
| Blueberry | Mango |
| Strawberry | Prune |
| Raspberry | Passionfruit |

A 150ml glass of fruit juice counts towards one of your 5-a-day.

Getting Started -

Make sure you have -

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

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—2 Flavours

1. Select 2 different flavours of fruit juice
2. Measure 100ml of your base (most dominant) flavoured juice into your jug
3. Add 50ml of your second juice flavour, into the same jug
4. Stir together

If you wanted to practice your measuring you could try to measure out 75ml of each flavour for a 50/50 mix

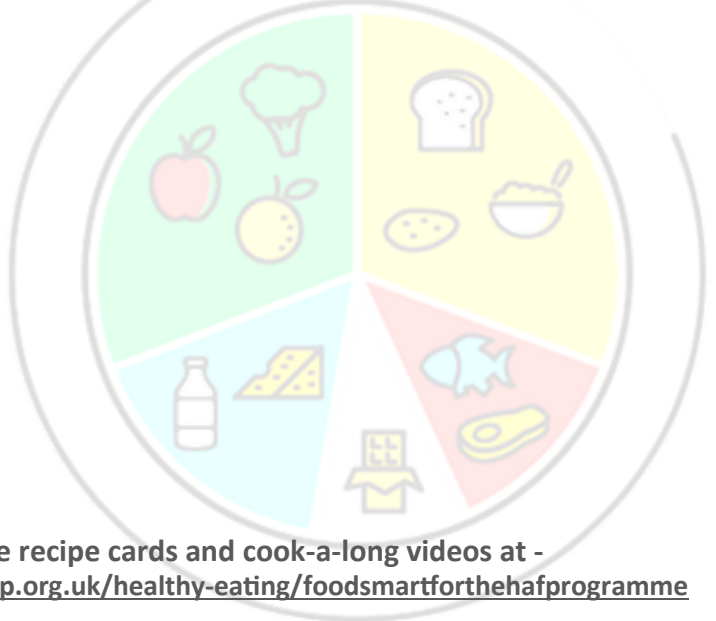
Method—3 Flavours

1. Select your 3 different flavours of fruit juice
2. Measure 50ml of each into the same jug
3. Stir together

Make sure you keep a note of how much of which flavours you mixed so you can recreate your juice potion another time.

Notes -

Try to buy sugar free juice for a healthier option. Use up left over juice to create your potions to reduce wasted food.



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www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme