

YR 6 - Smoothies working-8 groups (2 per smoothie

Ingredients

Sunrise Smoothie

1 cup milk, 1 pot low fat peach yogurt, 1 tin peaches, 1 banana, 2 cups fresh orange.

Tutti Fruity Sensation

1 cup frozen berries, 1 tin pineapple, 2 cups pineapple juice, 1 cup vanilla yogurt, 2

bananas. *Peach and Berry sensation*

1 tin peaches, 1 cup strawberries, 1 cup pineapple juice, 1 cup vanilla yogurt, 1 banana

Strawberry and Kiwi Surprise

2 cups apple juice, 2 kiwi fruits, 10 strawberries, 2 teaspoons honey. Equipment

- Chopping board
- Sharp knives
- Large mixing bowls
- Jugs
- Plastic cups
- Hand blenders

Method

Sunrise Smoothie

1. Chop the banana add to bowl.
2. Open tin of peaches - cut up and add juice and peaches to bowl.
3. Combine all ingredients
4. Blend until smooth
5. Pour 22 cups of equal portions

Tutti Fruity Sensation

1. Chop the bananas and add to bowl
2. Chop and combine the frozen berries, pineapple and juice.
3. Add the yogurt
4. Blend until smooth
5. Pour 22 cups of equal portions.

Peach and Berry Sensation

1. Chop the banana add to bowl.
2. Open tin and cut up peach - add juice as well to bowl.
3. Cut up strawberries and add yogurt and juice to bowl.
4. Blend until smooth.
5. Pour 22 cups of equal portions.

Strawberry and Kiwi Surprise

1. Peel and chop kiwi fruit and strawberries add to bowl
2. Combine apple juice, honey and fruit in bowl.
3. Blend until smooth.
4. Pour 22 cups of equal portions.

