



Blast Off Smoothie



Ingredients

- 150g blueberries
- 2 apples
- 200g raspberries
- 100g seedless grapes
- 3 tbsp caster sugar
- 1 tray of ice cubes

Equipment

- Blender
- Knife
- Chopping board
- Apple corer
- Glass

Method

1. Remove the core from the centre of the apples.
2. Remove the apple skin and chop into small pieces.
3. Add all of the ingredients to the blender.
4. Mix until smooth.
5. Serve in a cold glass.

NOTE: This smoothie is delicious with all types of fruit. Why not try adding bananas or pears to your smoothies?

