



# Design Your Own Smoothie

Choose your own healthy ingredients to make a delicious smoothie. Think about how to ensure good nutritional balance and which flavours work well together, e.g., banana and peanut butter.

## Ingredients

- Vegetables (fresh/frozen): e.g., kale, spinach, cucumber, carrot, beetroot
- Fruit (fresh/frozen): e.g., banana, mango, berries, pineapple, kiwi, apple, melon, avocado
- 2 cups liquid: e.g., water, coconut water, milk, coconut milk, almond milk, apple juice
- Optional extras: e.g., honey, seeds, nuts, peanut butter, cocoa, grated chocolate, yoghurt, spices (e.g., cinnamon, nutmeg, ginger), oats, vanilla extract, ice cubes.

## Method

- Choose 4 or 5 ingredients and blend together until smooth. Serve immediately and enjoy!

## Nutritional Benefits

Consider what protein you will include in your smoothie such as milk, nuts or yoghurt and which vegetables for added health benefits.