



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, seeds or yoghurt and which vegetables for added health benefits.