



## Smoothie making

Fruit smoothies are a good way to increase fruit intake.  
Spend time tasting different types of fruit before making smoothies together.  
Two example recipes are shown here.



### Kiwi fruit smoothie

- 3 peeled kiwi fruit
- 1 mango peeled, stoned and chopped
- 500 ml pineapple juice
- 1 banana sliced

Put all the ingredients in a blender and blitz until smooth then pour.



### Cranberry and raspberry smoothie

- 200ml of cranberry juice
- 175g frozen raspberry defrosted
- 100ml milk
- 200ml natural yogurt
- 1 tbsp caster sugar, or to taste

Place all ingredients in a blender and pulse until smooth. Pour into glasses.

