

Breakfast Bonanza Smoothie Surprise



The Energiser

Ingredients:

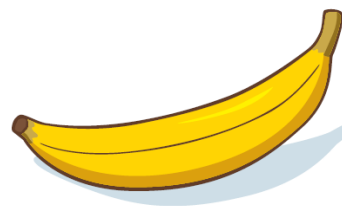
- 1 banana
- 1 peach
- 125g strawberries or raspberries
- 125ml fresh orange juice

Equipment:

- Hand blender
- Knife and chopping board
- Jug
- 2 glasses

Method:

- 1 Peel the banana and chop into small pieces.
- 2 Peel the peach, remove the stone and cut into chunks.
- 3 Wash and remove the green tops from the strawberries.
- 4 Put all fruit and orange into a jug and blend.
- 5 Pour into two glasses and enjoy!



Tropical Delight

Ingredients:

- 1 small mango or 4 slices of canned mango (in juice)
- 4 slices of fresh or canned pineapple (in juice)
- 1 papaya
- Juice of 1 lime

Equipment:

- Hand blender
- Knife and chopping board
- Jug
- 2 Glasses

Method:

- 1 Peel the mango and slice carefully around the stone or open the can!
- 2 Peel the papaya and cut into chunks.
- 3 Put all fruit and orange into a jug and blend.
- 4 Pour into two glasses and enjoy!



Berry Nice!

Ingredients:

- 225g frozen mixed berries
- 1 pot of strawberry yoghurt
- 200ml semi-skimmed milk

Equipment:

- Hand Blender
- Jug
- 2 Glasses

Method:

- 1 Put all of the ingredients into a jug and whiz up!
- 2 Pour into two glasses and enjoy!

