

Breakfast Bonanza

Smoothie Fun



Mango Magic

Ingredients:

- ½ Mango
- 1 Banana
- Glass Mango juice
- ½ glass semi skimmed milk
- 2 tbsp vanilla yoghurt & ice

Equipment:

- Hand Blender
- Glasses
- Knife and chopping board.
- Jug

**Method:**

- 1 Peel the banana and mango and chop into small pieces.
- 2 Put the fruit, mango juice, vanilla yoghurt and ice into a jug and blend until smooth
- 3 Pour into two glasses and enjoy

Why not try it with passion fruit?

Strawberry Squeeze

Ingredients:

- 10 Strawberries
- 1 Banana
- Glass Apple juice
- ½ glass semi skimmed milk
- 2 tbsp Low-fat strawberry yoghurt

Equipment:

- Hand Blender
- Glasses
- Knife and chopping board
- Jug

**Method:**

1. Peel the banana and chop into small pieces
2. Wash and remove the green tops from the strawberries.
3. Put all fruit, apple juice, semi skimmed milk and yoghurt into a jug and blend until smooth.
4. Pour into some glasses and enjoy!



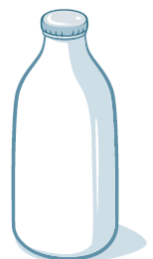
Breakfast a Go Go

Ingredients:

- 1 Banana
- 30g muesli
- 2 tsp Honey
- ½ Semi Skimmed milk
- 3 tbsp Low-fat natural yoghurt

Equipment:

- Hand Blender
- Jug
- Glasses
- Knife

**Method:**

1. Peel the banana and chop into small pieces
2. Put the banana and muesli into a jug with the milk honey and low fat yoghurt, blend using a hand blender.
3. Pour into glasses and enjoy