

Breakfast Bonanza

OJ with a twist!



Banana and Orange Smoothie

Ingredients:

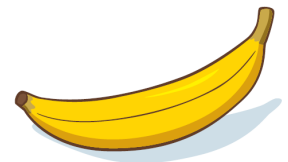
- 1 banana
- 1 glass of milk
- 1 glass of orange juice

Equipment:

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

Method:

- 1 Peel the banana and chop into small pieces
- 2 Put the banana, orange juice and milk into a jug and blend.
- 3 Pour into two glasses and enjoy!



Strawberry, Orange and Kiwi Smoothie

Ingredients:

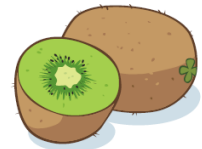
- 250g of fresh strawberries (or 1 tin)
- 1 glass of orange juice
- 2 kiwi fruit

Equipment:

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

Method:

- 1 Remove the green tops of the strawberries or open the tin!
- 2 Peel and roughly chop the kiwi fruit.
- 3 Put the strawberries, orange juice and kiwi into jug and blend!
- 4 Pour into two glasses and enjoy!



Creamy Raspberry Smoothie

Ingredients:

- $\frac{1}{4}$ of a cup of raspberries
- 1 vanilla yoghurt
- 1 cup of orange juice
- 1 small banana

Equipment:

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

Method:

- 1 Peel the banana and cut into small pieces
- 2 Put all of the ingredients into a jug and whiz up!
- 3 Pour into two glasses and enjoy!

