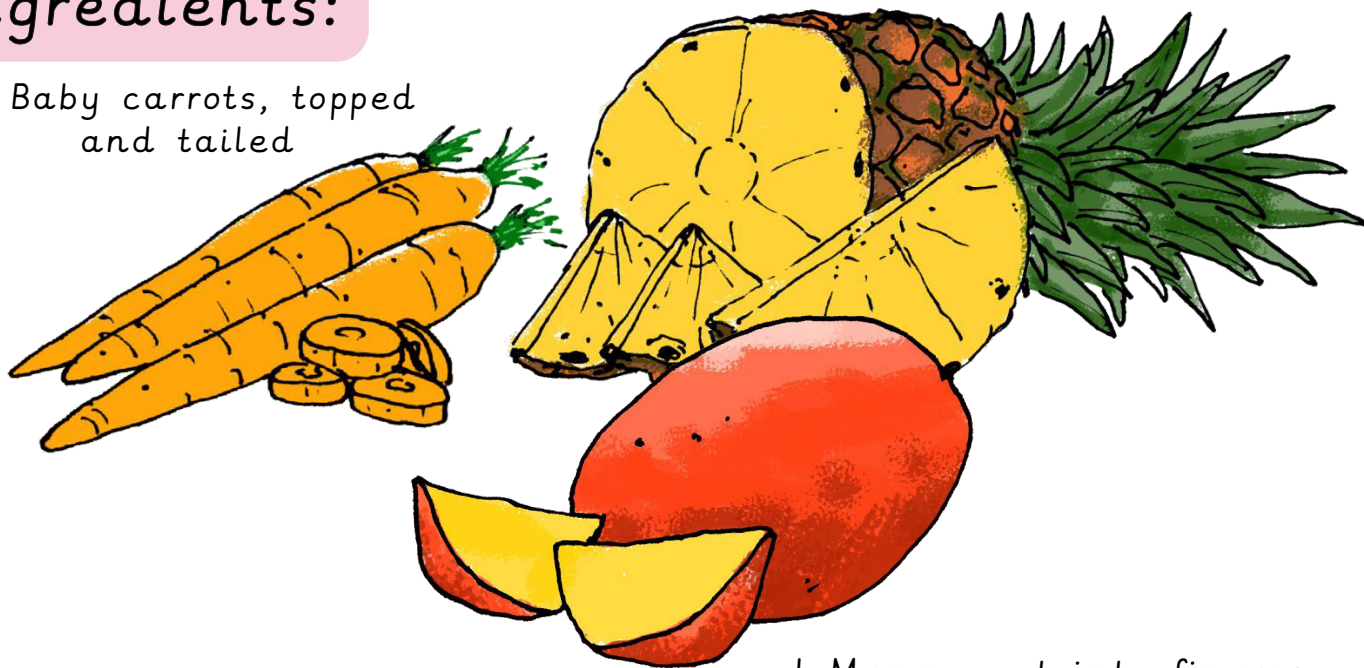


# Pineapple, carrot and mango Smoothie recipe

## Ingredients:

8 Baby carrots, topped  
and tailed

Half a pineapple cut into batons



1 Mango, cut into fingers

Optional: Water, or orange juice

## Method

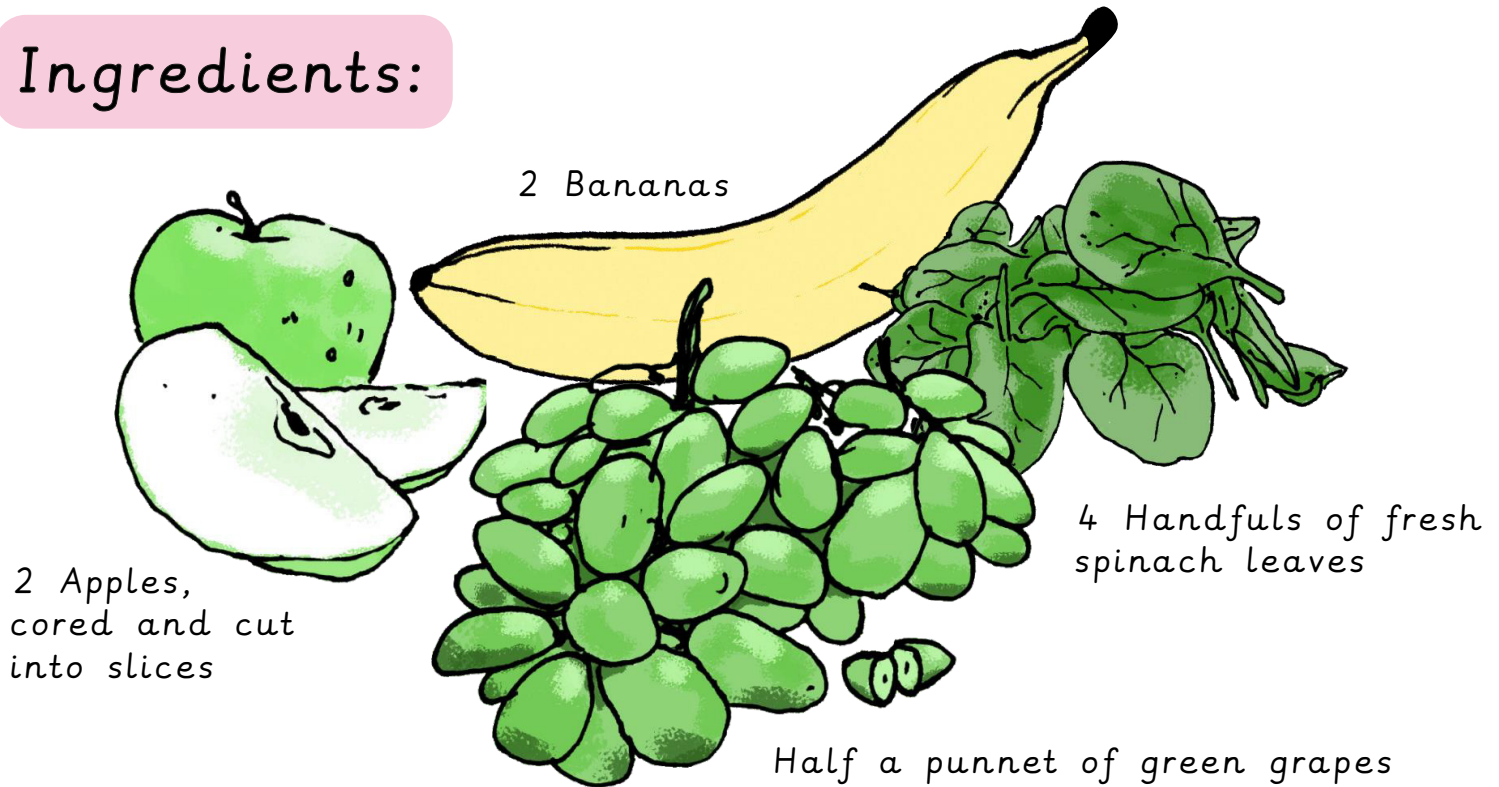
- 1 Drop eight baby carrots into the blender.
- 2 Take the batons of pineapple and chop into chunks with a butter knife.
- 3 Cut the mango fingers into cubes.
- 4 Add the pineapple and mango chunks to the blender.
- 5 Switch the blender on until all the ingredients are whizzed into a delicious liquid.
- 6 If the smoothie is a bit thick, you can add a little water, or orange juice, to thin it down and then blitz again.
- 7 Pour into a plastic cup and enjoy!

## Equipment

Chopping board  
Butter knives  
Blender  
Plastic cups

# Banana, apple, spinach and grape Smoothie recipe

## Ingredients:



Optional: Water, or orange juice

## Method

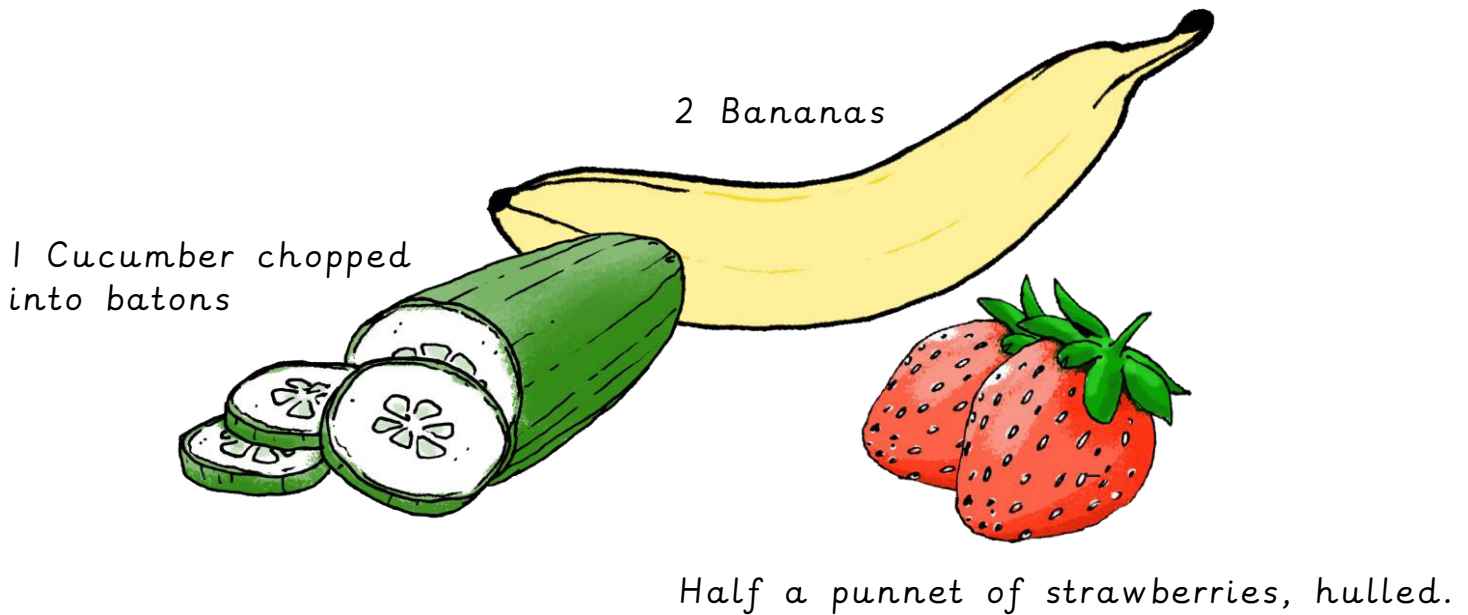
- 1 Drop the slices of apple into the blender.
- 2 Peel the bananas and chop into chunks using a butter knife.
- 3 Add the chopped banana into the blender.
- 4 Add the spinach and grapes into the blender.
- 5 Switch the blender on until all the ingredients are whizzed into a delicious liquid.
- 6 If the smoothie is a bit thick, you can add a little water, or orange juice, to thin it down and then blitz again.
- 7 Pour into a plastic cup and enjoy!

## Equipment

Chopping board  
Butter knives  
Blender  
Plastic cups

# Banana, cucumber and strawberry Smoothie recipe

## Ingredients:



Optional: Water, or orange juice

## Method

- 1 Drop the strawberries into the blender.
- 2 Take the batons of cucumber and banana, then chop into chunks using a butter knife.
- 3 Add the chopped cucumber into the blender.
- 4 Add the peeled and chopped banana into the blender.
- 5 Switch the blender on until all the ingredients are whizzed into a delicious liquid.
- 6 If the smoothie is a bit thick, you can add a little water, or orange juice, to thin it down and then blitz again.
- 7 Pour into a plastic cup and enjoy!

## Equipment

Chopping board  
Butter knives  
Blender  
Plastic cups