

Fun & Nutritious

SMOOTHIE RECIPE BOOK



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Bang Berry Burst

What to do

Roughly chop all the fruit and place in the blender.

Add the juice, start the blender on power setting 1 then increase to 2 and drink.

Ingredients

1-2 chunks of cucumber
1-6 chunks of pineapple
8 blackberries
2 strawberries
1/2 bottle cranberry juice
12 Raspberries
1 Banana



Purple Paradise

What to do

Carefully chop all the ingredients and place it all in a blender.

Pour some apple juice in the blender.

Start the blender and switch it to 2; blend it until smooth.

Pour into a cup and top it with an extra piece of fruit.

Ingredients

4 blackberries
2 strawberries
1-7 chunks of pineapple
1-6 chunks of melon
Some blueberries
Apple Juice



Rainbow Delish

What to do

First we put 4 fruit in at a time and then put the rest in the blender, along with the juice.

Then we whiz it all together and make our smoothie and enjoy it!

Ingredients

Banana
Grapes
Apples
Apple juice
Strawberries
Blackberries
Hunger melon
Blueberries



Healthy Heart

What to do

Firstly, wash your hands and your fruit.

Next, chop your bananas and add them to the blender with some milk.

Then add your raspberries and strawberries and blend.

Penultimately, add ice and your mint to garnish.

Finally, sit and enjoy.

Ingredients

1/2 banana
200ml milk
1 punnet of raspberries
5 large strawberries
Mint leaves
Ice



Smoothie Declair

What to do

Firstly, wash your hands and the fruits.

Secondly, get a knife to cut the fruits.

Next, get the banana and cut it up in small pieces.

Then, get the knife and chop the mango into 5cm.

Later, get the bowl and put the chopped fruits into it.

Then, get 11 ice cubes and put it into the blender.

Next, get the bowl with the fruits and put that in the blender too and set it to 'smooth'.

Finally, start the blender and then put it into a cup and taste it.

Ingredients

Banana
Mango
11 Ice cubes



Sweet Sunshine Surprise

What to do

First, chop all fruit.

Next, place fruit into blender.

Then, add orange juice.

After 2 minutes blending, check to make sure all pieces of fruit have been mixed properly.

Then, pour smoothie into a cup.

Next, add the mint leaf.

Finally, sit and enjoy your refreshing smoothie.

Ingredients

1 banana
1/2 mango
1/4 pineapple
250ml orange juice
2 oranges
4 green grapes
4 ice cubes
1 mint leaf



Banana Bonanza

What to do

Firstly, you wash the bananas before cutting them into small slices.

Once you have done that, you need to place the slices into the blender also pouring the milk into it, as well as half of the plain yoghurt.

After that, you take 4 ice cubes and put them into the blender too.

Add 1 teaspoon of honey along with 2-3 drops of vanilla essence.

Finally, blend it all together before pouring into a glass.

Ingredients

1/2 pint of milk
1½ bananas
30g plain yoghurt
1 teaspoon honey
2-3 drops vanilla essence
4 ice cubes
Sprinkle of nutmeg (optional)



Exotic Extraordinaire

What to do

First, carefully cut the fruit until it is the size you want.

After that, wash the scrumptious fruit until fresh and cool.

Next, get your blender and plug it in.

Later, pour the coconut water or fruit juice into the blender for the base.

Before the finale, place your fruit into the blender with care.

Last but not least, blend until delicate and in your style.

Now for the best part! Drink and enjoy! If you would like, cover your smoothies with a mini umbrella to keep cool.

Ingredients

Medium orange, peeled and quartered
100ml of coconut water (or fruit juice)
5 chilled mango chunks
6 chilled pineapple chunks
1 Banana (optional)



Tonsil Tickling Transformer

What to do

First, put the chopped apple pieces in a blender with cold water and mix thoroughly for one minute.

Next, add the raspberries into the blender and combine for 30 seconds before adding the mouth-watering honey.

Penultimately, put some ice cubes in a separate blender and blend until crushed.

Finally, decorate with some raspberries and best served chilled. Now your masterpiece is finally completed.

(As an additional option - you can add 1 or 2 straws to truly sample your tastebuds)

Top Tip!

Before you start, wash your hands and the fruit to make sure there is no bacteria on your delightful dessert!

Ingredients

1 apple (chopped, cored and peeled)
55g of frozen raspberries
4 tbsp of low fat natural yoghurt
1 tbsp of honey
2 tbsp of chilled water and ice



Pink Delight

What to do

Chop up the apple, plums and strawberries, removing any skin, core, stone or leaves as necessary.

Remove the skin from the orange and break up into segments.

Remove the seeds from half a pomegranate.

Put blueberries, pomegranate, and all chopped fruit into the blender.

Measure the cranberry juice and add to the blender.

Place the lid on the blender and ensure it is secure.

Blend the fruit for around 3 minutes until all the fruit is blended, pulsing occasionally.

Pour into a glass and enjoy your super healthy
Pink Delight!

Ingredients

1 apple
1/2 pomegranate
1 large or 2 small oranges
150ml cranberry juice
15 blueberries
6 large strawberries
2 purple/red plums



Shake It Up!

What to do

Chop up the banana, apple and strawberries, removing any skin, core or leaves as necessary.

Remove the stone from the plums and chop them up.

Put blueberries and all chopped fruit into the blender.

Measure the apple juice and cranberry juice and add to the blender.

Place the lid on the blender and ensure it is secure.

Blend the fruit for about 2 minutes until all the fruit is blended. (Blend for 1 more minute if you want your smoothie smoother).

Pour into a glass and enjoy your healthy fruit smoothie.

Top Tip!

To shake things up you could add something citrus!

Ingredients

1 apple
1 banana
1 red and 1 yellow plum
15 blueberries
10 strawberries
100ml apple juice
150ml cranberry juice



Shake That!

What to do

Chop up the banana, apple and strawberries, removing any skin, core or leaves as necessary.

Remove seeds and skin from the melo and chop into segments.

Put blueberries and all chopped fruit into the blender.

Measure the apple juice and the cranberry juice and add to the blender.

Place the lid on the blender and ensure it is secure.

Blend the fruit for 1-2 minutes until all the fruit is blended.

Check for any chunks of fruit, if so blend for a little longer.

Enjoy your super healthy smoothie, anytime of the day!

Ingredients

1 large or 2 small apples
1 banana
1/4 honeydew melon
15 blueberries
10 strawberries
150ml apple juice
150ml cranberry juice



Berrylicious

What to do

First, wash the fruit until the pesticide is removed totally.

Next, chop 3 raspberries, 4 blackberries, 3 strawberries, 2 blueberries. Make sure you cut the fruit on a chopping board carefully.

Then, you have to set up the blender and make sure you plug it in.

After that, carefully place the fruit in the blender and stop when it is blended.

Next, pour the fruit which you have blended into a sieve to make it smooth.

Pour the smooth liquid into a cup along with some juice. Finally, you can have a fun time drinking it.

Fruity Facts:

A raspberry is delivered from a single flower.

A strawberry has 200 seeds.

Blueberries have been around for 1000 years!

Ingredients

Raspberries
Blackberries
Strawberries
Blueberries
Cranberry Juice



Fruitylicious

What to do

First, wash your hands and then the fruit. Do this so all of the pesticide is washed off.

Next, grab your chopping board, knife, and washed fruit - careful not to get your fingers!

Next, when the fruit is all diced, you put it in a bowl.

Then mix up the fruit in the bowl so it isn't all separate, then blend.

Ingredients

Apple
Strawberries
Blueberries
Banana
Pineapple juice



Fruity Facts:

The chemical inside pineapple is used for burns, the doctor dabs it on the burn - that's why your mouth starts to sting after you eat some pineapple chunks!

Tropilicious

What to do

First, wash the tasty fruit and make sure the pesticide is removed carefully.

Secondly, chop the fruit with a sharp enough knife but remember to have a steady hand so you don't cut yourself. Remember to use a chopping board.

Next, take the gigantic stone out of the mango and chop it into chunks.

Then, carefully slide all the fruit into the blender and pour 1/4 of a bottle of apple juice in.

After that, press the button to start it and wait until it is blended smoothly. Next, sieve the smoothie to get the bits out of it. Then pour it into a cup and drink it all up.

Ingredients

Pineapple
Strawberries
Apple
Mango
Apple Juice



Fruity Facts:

A strawberry is not an actual berry, but a banana is.

Urangutans love mangos.

Apples float in water because they are 25% air.

Berry Blaster

What to do

Rinse all of the fruits.

Take a handfull of blueberries and raspberries.

Take 6 strawberries and cut off the heads, chop them smaller is needed.

Place in the blender until smooth.

Add some pure fruit juice and smash your 5 a day!

Ingredients

Handfull of raspberries
Handfull of blueberries
6 strawberries



Fruity Facts:

All berries are great sources of fibre, a nutrient important for a healthy digestive system.

Berries boost your metabolism and are great for your overall health.

Blueberries are packed with antioxidants called anthocyanins that may help keep memory sharp as you age.

The 3 P's

What to do

First, chop the pineapple with a sharp knife.

Second, cut the pomegranate in half and bang the seeds out.

Next, cut the peaches like you did with the pineapple.

Then put the fruits in the blender and wait until it gets smooth.

Then serve the smoothie straight away.

Ingredients

1 big pineapple
1 pomegranate
2 peaches

Did you know?

Pineapples have huge health benefits.



Wonderful Whizz

What to do

Cut each fruit up into small pieces.

Put all the fruit into the blender.

Add some milk and ice (as much as you want).

Pour and serve straight away. Finished!

This is a quick way to get all of your fruits into your body.

Just add some fruit juice and you have your 5 a day in one juicy smoothie!

Ingredients

1 Apple
Strawberries
1 Banana
Raspberries
Milk
Ice cubes



Fruiti Tooti

What to do

First we put 5 slices of banana into the blender.

Next we put in some pineapples, then we dropped in the mangos.

After that we put the rest of the bananas in and then the apple juice, then we blitzed it all in the blender for 30 seconds.

Ingredients

5 strawberries
1 cup of pineapple chunks
10 pieces of mango
10 banana slices
Apple juice

Did you know?

Mango is the most popular fruit in the world.



Red Sunrise

What to do

We cut up 4 raspberries and popped them in the blender.

Then we added 3 strawberries.

Next we added the peach, and then the pineapple.

Finally, we put the cranberry juice in the blender and blend it up.

Ingredients

3 strawberries
4 peach slices
3 pineapple slices
4 raspberries
2 cups of cranberry juice

Did you know?

The first strawberry garden was grown in France during the late 18th century.

An average sized strawberry has approximately 200 seeds!



Tropical Burst

What to do

First we added 1 and a half pieces of banana.

Then we added 20 pieces of pear.

After that 10 pieces of mango.

Then we added 12 pieces of pineapple.

Finally, we added the orange juice.

Ingredients

1 1/2 bananas
20 pieces of pear
12 pieces of pineapple
10 pieces of mango
Orange juice

Did you know?

Some bananas can be red.

Most bananas are naturally radio-active!



Berry Parade

What to do

Cut the fruit into little chunks.

Put the fruit in the blender.

Add in the apple juice and blend it for 45 seconds.

Empty the drink into a cup for a lovely fruit smoothie! Delish!

Ingredients

500 ml apple juice
15 blueberries
10 blackberries
4 strawberries

“Amazing”

“Yum”

“Eat healthy”

“Scrumptious!”



Fruit Delight

What to do

First, chop all the fruits.

Second, pour 600ml of water in the blender.

Put the fruit in the blender.

Turn the blender on for one minute.

Finished!

Ingredients

1 nectarine
2 yellow plums
4 strawberries
600ml water



Squad Juice

What to do

Chop up the fruit and add it to the blender.

Pour the apple juice into the blender.

Blend for 45 seconds.

And enjoy your smoothie!

Ingredients

2 yellow plums
2 strips of pineapple
2 tangerines
500ml apple juice



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