

Fruit Smoothies Recipe



strawberry and peach

Ingredients:

450g (1 punnet) strawberries
1 banana, broken into chunks
2 peaches
225ml orange juice
5 to 8 ice cubes

Equipment:

blender

Instructions

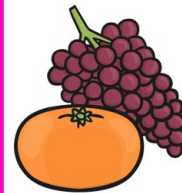
1. Put the strawberries, bananas and peaches in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



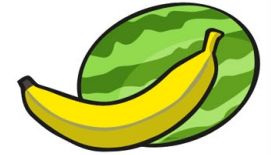
Serves: 4



twinkl.co.uk



Fruit Smoothies Recipe



apple and pear

Ingredients:

2 apples, chopped
1 banana, broken into chunks
2 pears, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

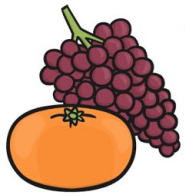
1. Put the apples, bananas and pears in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4



twinkl.co.uk



Fruit Smoothies Recipe



strawberry and watermelon

Ingredients:

450g (1 punnet) strawberries
1 banana, broken into chunks
1/4 watermelon, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

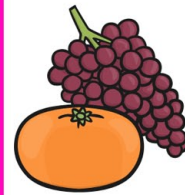
1. Put the strawberries, bananas and watermelon in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



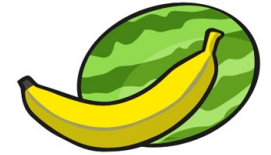
Serves: 4



twinkl.co.uk



Fruit Smoothies Recipe



plum and cherry

Ingredients:

6 plums, stoned
1 banana, broken into chunks
450g cherries, stoned
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

1. Put the plum, bananas and cherries in the blender. Blend until the fruit is pureed.
2. Blend in the juice
3. Add the ice cubes and blend to desired consistency.



Serves: 4



twinkl.co.uk