

Super smoothie

Ingredients

5 strawberries
1 banana
250ml cold milk
1 small pot of fruit yogurt

Equipment

Small knife, chopping board, blender, measuring jug, spoon and 2 glasses.

Method

1. Remove the green tops from the strawberries.
 2. Peel the banana.
 3. Place the strawberries and the banana into the blender.
 4. Pour the milk and yogurt into the blender.
- Ask an adult to help you use the blender.**
5. Put the lid on the blender, cover with a clean cloth and switch on for 20 seconds, until smooth.
 6. Pour the smoothie into two glasses.

Serves 2

Suggestions

You may wish to add frozen or canned fruit.

Try experimenting with different fruits and flavours of yogurt, such as banana and vanilla or orange and mango.

Safety!

Ask an adult to:

- help you use the knife;
- help you use the blender.