



Fruit smoothie



Method

1. Cut the apples in half and remove the core.
2. Give children half an apple and remind them how to use the bridge method of cutting, to cut their apple into smaller chunks.
3. Children to put all their ingredients into the blender, put on the lid and blend until smooth (or put ingredients into the stick blender cup and blend).
4. Put into cups, drink and enjoy!

Ingredients:

- Apple (1/2 per person)
- Frozen berries (30g per person)
- Orange juice (1/4 cup)
- 1 teaspoon runny honey

Equipment:

- Chopping board
- Table knife
- Small bowl
- Food waste bowl
- Food blender/
stick blender
- Digital scales
- Measuring jug
- Teaspoon
- Glass / cup

Vocabulary

Half - one of two equal parts

Blend - to mix ingredients together

Challenge

Fruit smoothies are a great way of using up leftover fruits so that they do not go to waste.

What fruits do you have at home that you could use to make your own smoothie?