



apRiCot and ORAnGE SMOOthiES

makes 4 to 6 glasses

thiS REciPE REQUIRES adult SuPErviSiON

inGRediENTS

200g yoghurt
500g apricots
2 oranges
50g honey
caster sugar (optional)
8 ice-blocks

EquiPMENt

cutlery knife
chopping board
measuring spoons
bowls
scraper
blender
citrus squeezer
kitchen scales

MEthod

1. With a cutlery knife cut the apricots in half, remove the stone and roughly chop into pieces. Place in blender.
2. Cut the oranges in half and using the citrus squeezer, juice them and pour juice into the blender.
3. Add the yoghurt and honey to fruit in blender .
4. Add the ice-blocks and secure lid tightly.
5. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
6. Taste and adjust flavours, add a little more honey or caster sugar if necessary.

SMOOTHiES ARE thE GO

Smoothies are a fast, easy way to make fresh fruit drinks that are ideal for breakfast or as an after school pick me up.

Try any fruit combo you like and for a special treat add a scoop of ice-cream.

Wheat germ can be included for extra fibre and nutrition.

Soy milk can be substituted for dairy products.

FRom thE MARKEt

Cooinda Proprietors & Apricot Grove for stone fruits in season

Fat Goose Fruits & Virgaras Garden & Cooinda for beautiful oranges

Murray Valley & B.-d. Farm Paris Creek for yoghurt

Friebe's and Doo Bee Honey