



STRAWBERRY SMOOTHIE

makes 2 large glasses

THIS RECIPE REQUIRES ADULT SUPERVISION

INGREDIENTS

- ½ cup strawberries
- ½ cup yoghurt
- 1 tablespoon honey or caster sugar to taste
- 1 cup milk or apple, strawberry & grape juice
- 8 ice-blocks

EQUIPMENT

- cutlery knife
- chopping board
- measuring spoon and cups
- bowls
- scraper
- blender

ASK AN ADULT TO SHOW YOU HOW TO USE THE BLENDER PROPERLY SO YOU CAN GET TO KNOW HOW TO USE IT WITH SAFETY

METHOD

1. Wash the strawberries. With a cutlery knife remove the green stems and roughly chop the berries.
2. Place the prepared strawberries in the blender with the yoghurt and milk or fruit juice.
3. Add the honey or sugar and the ice-blocks and secure lid tightly.
4. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
5. 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 an after school snack. Use what fruit is in season because that's when it's at its best and cheapest.

Try any fruit combo you like, soft fruit and citrus work well. Frozen bananas and mangoes add smoothness and sweetness.

Fruit juices can be used to thin it down if the smoothie is too thick or add a little more milk. Soy milk or fruit juice can be substituted for dairy products.

FROM THE MARKET

Strawberries — Hillside Farm

Apple, strawberry & grape juice — Mountain Fresh Beverages

Yoghurt — Murray Valley Cheese & B.-d. Farm Paris Creek

Milk — Murray Valley Cheese, B.-d. Farm Paris Creek & Fleurieu Milk Company

Honey — Friebe's and Do Bee Honey