

## Sensational Strawberry and Kiwi Smoothie

**Calcium is an essential mineral to help you grow by supporting your muscles and bones. This smoothie is an easy and delicious calcium filled fruity treat.**

Did you know that milk and yogurt are packed full of calcium? Follow our recipe below to make a fun and healthy smoothie! Remember to ask an adult to help you.

### Sensational Strawberry and Kiwi Smoothie (Serves 3)

#### Ingredients:

- 4 kiwis, peeled and chopped
- 2 cups of fresh strawberries\*, chopped
- 2 bananas, sliced
- 1 ½ cups of low-fat Greek yogurt
- ½ cup of milk
- 5 or 6 cubes of ice (optional)

#### Method:

1. Pour the milk into a blender
2. Pour the yogurt into a blender
3. Pop in the banana and blend
4. Add in the kiwis and strawberries and blend again
5. Blend in the ice (if using)
6. Blend until the ingredients are well mixed and smooth

*\*For an alternative to strawberries, try two apples and add a sprinkle of ground cinnamon. Yum!*



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