

Marvellous Mango and Scrumptious Spinach Smoothies

Smoothies are a super way of increasing our fruit and vegetable intake and can provide us with vitamins, minerals and fibre we need to stay healthy. Here are some recipes to get you started. All recipes serve two people. Make sure to ask a adult in your family for help with blending and slicing if required.

Marvellous Mango Smoothie Recipe

Ingredients:

- › 3 cups of frozen mango
- › ½ cup orange juice
- › 1 cup low-fat vanilla yogurt
- › ½ tablespoon olive oil
- › 1 tbsp honey

Method:

1. Place all ingredients in a blender and blend until smooth and frothy
2. Serve into a large glass and add ice if you like it chilled!



Scrumptious Spinach Smoothie!

Ingredients:

- › 1 sliced banana
- › 150g green grapes
- › ½ apple chopped
- › 50g spinach leaves
- › 1 200g low-fat vanilla yogurt

Method:

1. Wash the fruit and spinach to remove any dirt
2. Place all the ingredients into a food processor
3. Blend the ingredients until smooth
4. Pour into glasses and enjoy!

