

Smoothies

You will need to make a mix of "Pink power" smoothie and a mix of "Green goddess" smoothie.

Green Goddess

1 Banana chopped

1 kiwi peeled and chopped

150 ml apple juice

75ml cold water

$\frac{1}{2}$ mango

Pink Power

1 Banana chopped

5-6 strawberries washed, hulled and chopped

$\frac{1}{2}$ mango

150ml orange juice

75ml cold water

1. Prepare the fruit and measure the fruit juice.
2. Place the fruit in the smoothie maker and then add the juice and water.
3. Blitz the mix until smooth and place in small shot glasses $\frac{3}{4}$ full.

