Healthy Fruit smoothie recipe by: FM

|  |  |
| --- | --- |
| **Introduce your recipe.** What is good about it? Can you persuade others to try it?  | This is my Smoothie recipe, it is meant to wake you upAnd make you feel good to start the day made with some very unusual ingredients. |
| The ingredients (food) you will need are: | 1. First you will need, Frozen strawberry,banana,papaya,mango and pineapple preferably from Sainsbury’s2. Secondly, 200ml of semi skimmed milk. 3.next, 1teaspoon and a half of honey we used rouse which help protect bees and beekeepers.4. some frozen blueberries and blackberriesAlso from Sainsbury’s 5.finally, SOME PORRIDGE OATS. |
| The equipment your will need are: | 1. Blender
2. Measuring jug
3. bowls
4. glass
 |
| Method. The steps to make your smoothie.  | 1. Pour all the frozen fruit in the blender along with the oats.
2. Pour your milk into the blender

 1. Finally mix it all up until creamy pour some into a glass and enjoy the taste of the F delicious see who needs all these ice cream toffee ‘*whub a dubba’* smoothies when you've got the healthy (and just as delicious) version right in front of you.
 |