



Cool drinks



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Getting started

You may be using some of these fruits.
Name as many as you can.





Ingredients you could use

How many can you name?

What do they taste like?



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Let's make:



Blackberry
and apple
smoothie



Mango and
lime lassi



Strawberry
and vanilla
smoothie





Mango and lime lassi



Find out more about lassi - where does it originate ?
What ingredients is it made from ?

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Ingredients



Ingredients:

300ml plain low fat yogurt

100ml milk - semi skimmed

½ ripe mango

Juice of ½ a lime

Slices of lime and ice to
serve (optional).

Makes 4 x 100ml drinks.





Equipment

Equipment:

- Measuring jug
- Juice squeezer
- Chopping board
- Vegetable knife
- Measuring spoons
- Small bowl
- Hand blender and beaker or jug
- Jug or glasses



Take care
blender - adults only



1. Prepare the mango





Blend the ingredients

2. Squeeze the lime.



3. Place all ingredients into the blender jug and blitz until smooth.

4. Pour into glasses and decorate with lime slices, either on top of the lassi or on the glass.





Blackberry and apple smoothie



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Ingredients



Ingredients:

1 small Granny Smith
apple

100g fresh or frozen
blackberries

200ml apple juice

Makes 3 x 100ml drinks



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Equipment



Equipment:

- Measuring jug
- Mixing bowl
- Chopping board
- Vegetable knife
- Small bowls
- Sieve
- Hand blender and jug
- Jug or glasses



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Method

1. Wash the apple.
2. Cut the apple in half. Place flat side down on the chopping board and chop into small pieces.
3. Wash the fresh blackberries.
4. Place the ingredients into the blender jug and blitz until smooth.
5. Pour into a jug or glasses and serve.





Strawberry and vanilla smoothie



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Ingredients for a dairy free smoothie



150g strawberries
75 ml plain soya yogurt
150ml soya milk
1 x 5ml spoons vanilla
essence
1 x 5ml runny honey
A few strawberry slices to
serve.

Makes 3 glasses
approximately 150ml.

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Equipment



Equipment

- Measuring jug
- Mixing bowl
- Chopping board
- Vegetable knife
- Measuring spoons
- Small bowls
- Sieve
- Hand blender and jug
- Jug or glasses



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Method

1. Wash and hull the strawberries.
2. Cut each in half.
3. Slice one strawberry thinly and save for the decoration.
4. Place the ingredients into the blender jug and blitz until smooth.
5. Pour into a jug or glasses and serve.

