



# Orange, blueberry and tomato smoothie



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# Ingredients



50g blueberries  
150ml orange juice  
50ml tomato juice  
150ml low-fat plain yogurt

## To decorate:

1 orange  
cocktail sticks  
extra blueberries

Makes approx 400ml  
(3-4 servings)





# Equipment



- Sieve
- Blender or smoothie maker
- Measuring jug
- Beakers, cups or glasses
- Vegetable knife
- Chopping board
- Cocktail sticks





# Prepare the fruit



1. Place the blueberries into the sieve, rinse with water and shake dry.



2. Place the berries into the blender or the smoothie maker.

Blender, take care.



# Add the rest of the ingredients



3. Add the yogurt, tomato juice and orange juice to the blender.



4. Place the lid on the blender and hold the top firmly. Turn on and blend until smooth.





## Decorate and serve



5. Pour the smoothie into the beakers, cups or glasses.



6. Ask an adult to slice the orange.



7. Decorate with the extra blueberries and orange slices, threaded onto cocktail sticks.





# Serve



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