



# Apple and berry smoothie



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# Ingredients



250ml cold semi-skimmed milk  
1 x 50ml low fat, berry yogurt e.g.  
blueberry, raspberry  
50g seasonal berries  
e.g. blackberries, raspberries  
(or frozen berries)  
1 eating apple

To decorate – cocktail sticks,  
whole fruits, e.g. blackberries,  
umbrellas, palm trees, straws.  
Makes 4 x 100ml drinks



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# Equipment



- Blender or smoothie maker
- 2 small bowls
- Measuring spoons
- Measuring jug
- Vegetable knife
- Chopping board
- Glasses or beakers to serve (not shown)





# Prepare the apple



1. Wash and halve the apple.



2. Cut the apple into quarters and remove the core



# Put the ingredients in the blender



3. Put the apple into the blender.

4. Wash the berries and dry with kitchen paper.



5. Add the berries to the blender.





# Add the rest of the ingredients



6. Add the yogurt to the blender.



7. Add the milk to the blender.





## Blend the ingredients



8. Place the lid on the blender and hold the top firmly.



9. Turn on the blender and blend until the mixture is smooth.



Blender, take care.  
Adult use only.



## Decorate and serve



10. Pour the smoothie into the glasses or beakers.



11. You could decorate the drinks with fruit, umbrellas, straws or palm trees.

