


Life skills

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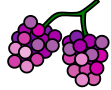


make

a





fruit


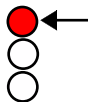

smoothie


1 
1 banana

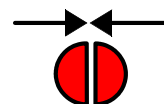
 
140g blackberries, blueberries,

 or  (or
strawberries or raspberries (or

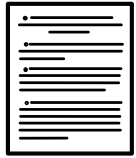

 a mixture)  (keep a  few

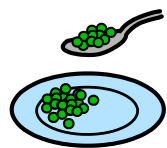
to  put on the  top)







150ml apple juice




Blend together for


1  **1** minute. Makes 


2 
two portions.



 Life skills
  -
  make
 a
  fruit
  smoothie



1 
 1 banana

 1 tbsp
  porridge
  oats


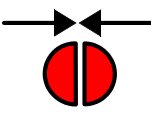
150ml  milk

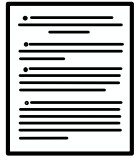

1 
 1 tsp honey

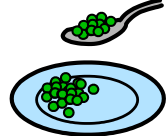
80g  soft
  fruit
 e.g. (e.g.

 strawberries
 or
  mango)




 
 Blend together for

1  
 1 minute. Makes

2 
 two portions.


Life skills

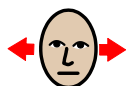
-


make

a


fruit

mocktail



No



blender.



120ml orange juice



240ml sparkling water

2



2 tbsps grenadine



syrup



Pour



in



orange juice.



Add



sparkling water.

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Slowly



pour



in

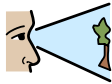
the



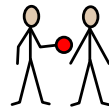
grenadine syrup.



Experiment!



See if you can make your own



healthy and tasty smoothie!

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