

Fruit Smoothies Recipe

strawberry and peach

Ingredients:

450g (1 punnet) strawberries
1 banana, broken into chunks
2 peaches
225ml orange juice
5 to 8 ice cubes

Equipment:

blender

Instructions

- 1. Put the strawberries, bananas and peaches in the blender. Blend until the fruit is pureed.
- 2. Blend in the juice.
- 3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

apple and pear

Ingredients:

2 apples, chopped
1 banana, broken into chunks
2 pears, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender

Instructions

- 1. Put the apples, bananas and pears in the blender. Blend until the fruit is pureed.
- 2. Blend in the juice.
- 3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

strawberry and watermelon

Ingredients:

450g (1 punnet) strawberries 1 banana, broken into chunks 1/4 watermelon, chopped 225ml apple juice 5 to 8 ice cubes

Equipment:

blender

Instructions

- 1. Put the strawberries, bananas and watermelon in the blender. Blend until the fruit is pureed.
- 2. Blend in the juice.
- 3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

plum and cherry

Ingredients:

6 plums, stoned 1 banana, broken into chunks 450g cherries, stoned 225ml apple juice 5 to 8 ice cubes

Equipment:

blender

Instructions

- 1. Put the plum, bananas and cherries in the blender. Blend until the fruit is pureed.
- 2. Blend in the juice
- 3. Add the ice cubes and blend to desired consistency.



Serves: 4

