

Exotic Fruit Smoothies

Serves 2
(For more, just double
or triple the recipe!)

Difficulty 1/3



ingredients

- 150ml apple juice
- 50ml of pineapple juice
- 1 banana
- Pineapple, papaya and mango chunks
- Equipment - a blender (a hand blender works fine).

directions

1. Measure the apple and pineapple juice into a container.
2. Peel the banana and break into chunks. Then add it to the juices.
3. Add the frozen fruit.
4. Blend the fruit and juice together till it is a smooth consistency.
5. Pour into your favourite glass and enjoy!

Alternatively you could pour into ice lolly moulds and freeze to create delicious fruity ice lollies.