



SMOOTHIES



Fruity Smoothie: Strawberry and Kiwi

100 ml freshly squeezed **orange juice**
75 g **kiwi fruit** (cut into chunks)
75 g **strawberries** (hulled and halved)
2 **ice cubes**

Pour the orange juice into a smoothie maker or blender. Add the kiwi fruit, strawberries and ice. Blend until smooth.

Vegetable Smoothie: Beetroot Booster

50 ml freshly squeezed **orange juice**
50 ml **apple juice**
50 g cooked **baby beetroot** (cold, cut into chunks)
5 g fresh root **ginger**

Pour the orange and apple juice into a smoothie maker or blender. Add the beetroot and ginger. Blend until smooth.

Breakfast Smoothie: Banana Morning

75 ml **milk**
100 g **yoghurt**
2 ripe **bananas** (cut into 2 cm slices)
1 tbsp **honey**
2 **ice cubes** (optional)

Pour the milk, honey and yoghurt into a smoothie maker or blender. Add the bananas and ice cubes. Blend until smooth.