

# Weekly Recipe Challenge

This week, thinking about Superheroes, try this Superhero Smoothie recipe.

You can choose different fruit and veg, or leave some out. But remember to try to make the red, white and blue design.

Good Luck!

Remember to email in photos of your finished smoothies.



## Superhero Red, White and Blue Smoothie

### Ingredients

#### Red Smoothie

150g frozen strawberries

120ml raspberry juice (or raspberry and cranberry juice/raspberry and beetroot juice)

1 tsp honey

#### White Smoothie

1 banana

2tbs vanilla yoghurt

120ml milk

#### Blue Smoothie

15g baby leaf spinach

40g frozen blueberries

170ml milk

### Equipment

Blender

Knife

Chopping board

Transparent tumblers/cups

### Method

1. The night before making the smoothies, cut the banana into slices and place in the freezer.
2. To make the red smoothie, simply place the strawberries, raspberry juice and honey in a blender and blitz until smooth.
3. Pour the smoothie a third of the way up each cup and place in the freezer for 10 minutes.
4. Wash out the blender and make the white smoothie by adding the frozen banana slices, vanilla yoghurt and milk, then blitzing until smooth.
5. Remove the cups with the red smoothie from the freezer and add the white smoothie so it is another third of the way up. Place the cups back in the freezer for 10 minutes.
6. Wash out the blender and make the blue smoothie by adding the spinach, frozen blueberries and milk, then blitzing until smooth.
7. Remove the cups with the red and white smoothie from the freezer and add the blue smoothie on the top.
8. You will now have full cups of red, white and blue smoothies.
9. Enjoy!