

Fruity berry smoothie

What you need

Per person:

A handful of blackberries

1 banana

2 apples

Splash of fruit juice

How to make

Pick some ripe, juicy blackberries.

Blend the berries with the rest of the fruit and juice until it's all smooth.

Quick as a flash you've got a super, fruity, berry smoothie – simple!

Try it out with other berries and fruits too – can you invent some cool combinations of colour and flavour?



Top tips:

To make a thicker smoothie, try adding yoghurt or ice cream.

Or heat the smoothie before you drink it, to warm you up on a chilly day!

Slurp, slurp :O)

Share your favourite smoothie recipes

Email us your recipes and you could be published on the website!

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