

# Seniors

# SMOOTHIES



GET CREATIVE



30 MINUTES



PREPARATION  
NEEDED

## AIM

A smoothie is a great way of getting in some of your five a day. Pick your favourite fruits and turn them into a refreshing and healthy smoothie.

## WHAT YOU'LL NEED

- Fruit
- Yoghurt / Milk
- Fruit Juice
- Ice
- Blender
- Cups
- Chopping Board & Knife
- Smoothie Recipe Sheet



# GET CREATIVE: SMOOTHIES

THEME: IN THE KITCHEN



## LEADER PREPARATION

A leader will need to gather all the ingredients and equipment ready for the activity, including the Smoothie Recipe Sheet.



Download the Smoothie Recipe Sheet



## GETTING INTO THE ACTIVITY

### How to make a smoothie

- 1 Bring your ingredients together. A good ratio for a smoothie is roughly  $\frac{1}{2}$  to 1 cup of fruit, 1 cup of plain or fruit yoghurt,  $\frac{1}{2}$  cup fruit juice and 4 ice cubes.
- 2 Add all the ingredients into a blender. Place the liquid ingredients to the bottom of the blender, so not to blunt the blade. Process on a high speed until the drink is smooth and creamy.

### Build your own smoothie

- 1 **Pick your fruit(s).** You could use just one fruit or you could add a combination of fruits, such as strawberry and bananas or pineapple and orange. You can use frozen fruit, to help to thicken the smoothie and keep it cool.
- 2 **Pick a yoghurt or milk.** Yoghurt / milk are used to help build a smoothie and can be useful in making the smoothie thicker or giving it a creamier taste.
- 3 **Add some fruit juice.** Consider adding some fruit juice to finish off your smoothie.
- 4 **Ice cubes.** Add roughly 4 ice cubes to your smoothie. If you are using any frozen fruit, then you won't need to add ice cubes.

### Follow a smoothie recipe

- 1 Download our smoothie recipe sheet and follow these simple recipes to make some tasty drinks, including a strawberry & banana delight, a thick strawberry ice cream smoothie and the ultimate chocolate & banana smoothie.
- 2 There are also hundreds of smoothie recipes online. Do some research and find a smoothie that includes your favourite fruit. This research may need to be done a week before, so you can make sure you have all the ingredients that you need.



## IDEAS TO TAKE THIS FURTHER...

Have a competition to design the tastiest new smoothie. Each person should come up with a unique smoothie and then there should be a taste test to determine the best one.



## KEEPING EVERYONE SAFE

Please ensure hands are washed before dealing with food. Extreme care should be taken when using knives and blenders.

# SMOOTHIES

## STRAWBERRY & BANANA DELIGHT

### Ingredients

- 150g strawberries (fresh or frozen)
- 1 banana (fresh or frozen)
- ½ cup of milk

### How to

Blend all ingredients until smooth, adding a touch more milk as needed to reach a texture to your liking. This recipe should have at least one of the fruits as frozen. If not, make sure to add a few ice cubes.

## THICK STRAWBERRY ICE CREAM SMOOTHIE

### Ingredients

- 6 large strawberries
- ½ cup of yoghurt
- ½ cup of vanilla or strawberry ice cream
- ½ cup of whole milk

### How to

Blend the strawberries and milk together first, until the strawberries are well blended. Now add the ice cream and yoghurt and whip for just a little bit so the smoothie remains thick.

## THE ULTIMATE CHOCOLATE & BANANA SMOOTHIE

### Ingredients

- 1 ½ frozen bananas
- 2 tablespoons of chocolate syrup or melted chocolate
- ½ cup of yoghurt
- 1 cup of milk

### How to

Combine all the ingredients in a blender until the bananas are really mixed and the chocolate is swirled. Using frozen bananas work best, but if you are unable to do so then add ice cubes.