

Eat a Rainbow Recipes

GREEN

Green Smoothie

Serves 4

Ingredients:

- 1 pear
- 1 apple
- 1 banana
- 2 leaves of kale or other green-leaf vegetable
- 1 cup water

Equipment:

- Vegetable peeler
- Cutting board
- Knife
- Colander
- Electric blender
- Glasses for serving

Method:

1. Remove skin from banana.
2. For a super smooth smoothie, peel the apple and pear.
3. Remove the core and pips from fruit.
4. Wash leafy greens thoroughly in sink of cold water. Lift out and place in colander to drain.
5. Shake off water and place in blender.
6. Add the rest of the fruit to the blender with one cup of water.
7. Blend for approximately one minute until smooth.
8. Add more water if necessary to make to your favourite consistency.
9. Pour into glasses to serve

Tips:

Try peeling and freezing the banana to make your smoothie icy cold and refreshing. You can vary the recipe according to your own taste. If you like it a little sweeter, add more fruit.



green leaves
EARLY LEARNING