

# Eat a Rainbow Recipes

## ORANGE

### Apricot and Orange Smoothies

Serves four to 6

Smoothies are a fast, easy way to make fresh fruit drinks that are ideal for breakfast or as an after school pick me up.

#### Ingredients:

200 grams yoghurt  
2 cups apricots (could be canned)  
2 oranges  
50 grams honey  
Caster sugar (optional)  
8 ice cubes

#### Equipment:

Chopping board and knife  
Measuring spoons  
Bowls  
Scraper  
Blender  
Citrus squeezer  
Kitchen scales

#### Method:

1. With a cutlery knife cut the apricots in half, remove the stone and roughly chop into pieces. Place in blender.
2. Cut the oranges in half and using the citrus squeezer, juice them and pour juice into the blender.
3. Add the yoghurt and honey to fruit in blender.
4. Add the ice-blocks and secure lid tightly.
5. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
6. Taste and adjust flavours, add a little more honey or caster sugar if necessary.

#### Variations:

Try any fruit combo you like and for a special treat add a scoop of icecream.

Wheat germ can be included for extra fibre and nutrition.

Soy milk can be substituted for dairy products.