

FRUIT SMOOTHIE MAKING



This fun activity is a great way to encourage employees to try new fruits and raise awareness about the importance of healthy eating:

- Gather your equipment and ingredients.
- Hold smoothie making competitions.
- Use our varied recipe ideas - there's something for everyone.

**FIGHT
FOR EVERY
HEARTBEAT**

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FRUIT SMOOTHIE MAKING INTRODUCTION



Making fruit smoothies is a simple and effective activity that can easily be organised in any workplace:

- It needs very little equipment or space.
- The only set-up time involved is the time needed for someone to buy the fruit and extra ingredients such as juice, milk or yoghurt. This could even be done on-line and the fruit and juices delivered directly to your workplace.
- Everyone can get involved, no matter what their level of culinary skills!

Fruit smoothies are a great way to meet your 5-a-day target but remember that they should not become replacements for drinks throughout the day. The high fruit content of smoothies means that they can be high in calories, so exercise some caution when promoting their inclusion in a wellbalanced diet.

Equipment needed

- a food blender or fruit smoothie maker – approximate cost £30 – available in most large supermarkets or electrical stores
- chopping boards
- a selection of knives and vegetable peelers
- jugs
- glasses
- small tasting glasses
- bins
- cleaning materials.

Instructions

Smoothie making is as simple as 1-2-3.

1. Prepare the fruit.
2. Select the fruit for your smoothie, and some yoghurt, milk, ice or water if needed, and place in a food blender or fruit smoothie maker.
3. Whizz to a smoothie consistency and enjoy!

Don't forget to check for any special dietary requirements.

To make your fruit smoothie making a success:

- Provide nutritional information on the benefits of a healthy well-balanced diet.
- Run a competition for the best smoothie recipe.
- Run a competition to name smoothie combinations.
- Run a series of themed smoothie-making sessions.

For example:

- eating for your heart
- boosting energy levels
- breakfast
- seasonal fruits
- cancer awareness
- 5-a-day
- weight wise.

Why not combine physical activity and healthy eating with a cycle powered smoothie-making machine? For more details visit **blendavenda.com**

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FRUIT SMOOTHIE MAKING RECIPE IDEAS



Recipe Ideas

Good Morning Workplace

1 banana
Juice of 2-3 oranges
Small piece of grated ginger

Bananas are a great source of potassium.

Energiser

6 dried apricots
1 banana
¼ honeydew melon

Apricots are high in beta-carotene (pro Vitamin A), which are good for your eyes.

Come on You Blues

2 tablespoons frozen blueberries or other dark berries
1 banana
150ml (¼ pint) semi-skimmed milk
1 tablespoon honey

Berries are an excellent source of vitamin C.

Citrus Zinger

1 pink grapefruit
2 oranges
2 tablespoons lemon juice
1 tablespoon honey

Citrus fruits are another great source of vitamin C.

Sunshine Wake-up

Handful of seedless grapes
¼ cantaloupe melon
Large slice watermelon
1 piece of peeled ginger

Ginger can aid digestion.

Everyone's Favourite

150ml (¼ pint) semi-skimmed milk or plain yoghurt
1 banana
1 mango
60g (2½ oz) porridge oats
Dash of orange or apple juice

The soluble fibre in oats help to stabilise blood sugar levels and lower blood cholesterol levels.

Kiwi Kick

2 ripe kiwi fruits
1 large, ripe pear
1 small cup of apple juice

Kiwi fruits contain twice as much Vitamin C as oranges and more potassium than bananas.

Go Bananas

2 medium bananas, cut into chunks
200ml (7fl oz) low-fat natural yoghurt
125ml (4fl oz) semi-skimmed milk
2 tablespoons clear (runny) honey, or to taste
1/4 teaspoons ground cinnamon, or to taste

Chef's tips

- Try adding juice, water, ice or yoghurt to help the fruit liquidise.
- Frozen fruits are perfect for smoothies, particularly frozen berries. They are rich in vitamin C and during winter months they are often cheaper than fresh fruits.

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