

# Fruit smoothie making

MISSION VERY POSSIBLE!

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 well-balanced 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.

For a really fun intervention, why not combine physical activity and healthy eating with a cycle-powered smoothies-making machine? For more details visit [www.blendavenda.com](http://www.blendavenda.com)

# Smoothie recipe ideas

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## Recipes

<p><b>Good Morning Workplace</b></p> <p>1 banana Juice of 2-3 oranges Small piece of grated ginger</p> <p><i>Bananas provide slow-release sugars to sustain your energy until lunchtime.</i></p>	<p><b>Energiser</b></p> <p>6 dried apricots 1 banana ¼ honeydew melon</p> <p><i>Apricots are high in beta-carotene, which can provide protection against heart disease, premature ageing and cancer.</i></p>	<p><b>Come on You Blues</b></p> <p>2 tablespoons frozen blueberries or other dark berries 1 banana 150ml (¼ pint) semi-skimmed milk 1 tablespoon honey</p> <p><i>Berries are an excellent source of vitamin C.</i></p>
<p><b>Citrus Zinger</b></p> <p>1 pink grapefruit 2 oranges 2 tablespoons lemon juice 1 tablespoon honey</p> <p><i>Citrus fruits are another great source of vitamin C.</i></p>	<p><b>Sunshine Wake-up</b></p> <p>Handful of seedless grapes ¼ cantaloupe melon Large slice watermelon 1 piece of peeled ginger</p> <p><i>Ginger aids digestion.</i></p>	<p><b>Everyone's Favourite</b></p> <p>150ml (¼ pint) semi-skimmed milk or plain yoghurt 1 banana 1 mango 60g (2½ oz) porridge oats Dash of orange or apple juice</p> <p><i>Oats help to stabilise blood sugar levels and lower blood cholesterol levels.</i></p>
<p><b>Kiwi Kick</b></p> <p>2 ripe kiwi fruits 1 large, ripe pear 1 small cup of apple juice</p> <p><i>Kiwi fruits are packed with potassium, antioxidants, fibre, and vitamins C and E.</i></p>	<p><b>Go Bananas</b></p> <p>1 large banana 1 cup of apple juice 2 tablespoons natural yoghurt</p> <p><i>Bananas contain natural prebiotics, and the live yoghurt is probiotic, making this smoothie great for the digestive system.</i></p>	

### 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.