

# Pick 'n' mix smoothie

## Ingredients

### Serves 2

1 cup milk

2 tablespoons plain yoghurt

½ banana, peeled, chopped

½ large apple, cored, chopped

Pick 'n' mix options (choose one of the following):

- 1 cup chopped spinach leaves
- 1 medium beetroot, trimmed, peeled and chopped
- 1 large carrot, chopped

## Method





1. Place milk, yoghurt, banana, apple and pick 'n' mix vegetable into the blender.
2. Secure lid tightly.
3. Blend on high speed until smooth.
4. Add chilled water for a thinner mixture, if necessary.
5. Remove lid and pour smoothie equally into two glasses.

## Serving suggestions

- Pre-chill the glasses.
- Add 2-3 ice cubes to the mixture.
- Garnish with mint leaves.



## Equipment

-  Blender
-  Cutting board and knife
-  Measuring cups
-  Measuring spoons

## Preparation and cooking skills

Blend, chop, peel.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.