

Blueberry Smoothie

This refreshing smoothie is a light and refreshing drink to enjoy with a meal.



Nuts*

Nutritional information per portion (375g):

Energy	Fat	Saturates	Sugars	Salt
682kJ 162kcal 8%	1.4g 2%	0.1g 1%	35g 39%	0.15g 2%

of an adult's reference intake.
Typical values per 100g: energy 182kJ/43kcal.

Equipment

Weighing scales
Chopping board
Small knife
Hand blender or food processor
Measuring jug
Colander
Glass to serve

Ingredients

Serves 1
75g of fresh blueberries
75g of fresh strawberries
2 dates (stones removed)
100ml unsweetened coconut water OR apple juice
100ml milk

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Hull the strawberries by removing the green stalks. You can pull them out with your clean fingers or use the chopping board and sharp knife to carefully cut the stalks off the strawberries. Throw the stalks away.
2. Put the strawberries and blueberries into the colander and wash them with cold water.
3. Remove the stone of the dates with your clean fingers.
4. Using the measuring jug, measure out the milk and coconut water (or apple juice).
5. Put the milk, coconut water (or apple juice), fruit and dates into the food processor and blend for around 10 seconds until there are no lumps of fruit left.
6. Pour into your glass and enjoy.

Prepare now, eat later

- Chill any leftover smoothie and drink within 24 hours. Stir well before serving.

Skills used include:

Washing, weighing, measuring, chopping and blending.

Top Tips

- The pectin in the blueberries will make your smoothie mix seem a little gelatinous after a few minutes. Either blitz in the food processor or mix with a fork to restore the smoothness.
- Blueberries from Chile are in season from January – March, and British Blueberries are in season from June – September.

Something to try next time

- You can use any berries in this smoothie, just check what is in season.