

LET'S GET MAKING

A SMOOTHIE



YOU WILL NEED

1 ½ Cups of
unsweetened Almond /
Oat or Soya Milk

½ Avocado pitted &
scooped out

1 Banana

2 Tbs Cocoa Powder

1 Tbs Honey

You can also use frozen avocado – slightly defrosted. You can also use a frozen banana chopped into chunks and use maple syrup instead of honey. Add a sprig of mint for decoration

- 1 Add all the other Ingredients to the blender
- 2 If your blender has a lid, please secure it.
- 3 Press start and blend all the
- 4 ingredients together
- 5 This is a simple and easy way to make a nutritious and tasty smoothie

Safety tip Make sure an Adult helps you when using the knife and helps when using the blender or smoothie maker

Any left over smoothie can be left in the fridge over night to have with breakfast the next day.

ALLERGEN ADVICE :- OATS, HONEY , TREE NUTS (DEPENDING ON THE INGREDIENTS YOU CHOOSE)