

# Berry Red Smoothie

This vibrant red smoothie counts as one of your 5-a-day.



Nutritional information per portion (197g):

Energy	Fat	Saturates	Sugars	Salt
339kJ 80kcal 4%	<0.5g 0%	<0.1g 0%	11g 13%	0.03g 0%

of an adult's reference intake.  
Typical values per 100g: energy 172kJ/41kcal.

## Equipment

Weighing scales  
Chopping board  
Sharp knife  
Colander  
Measuring jug  
Cups to serve

## Ingredients

### Serves 2

50g strawberries  
50g raspberries  
100ml cranberry juice  
200ml fresh orange juice

\*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 raspberries into the colander and wash them under the tap with cold water.
3. Use the measuring jug to measure out the cranberry and orange juice.
4. Put the juice and fruit into your blender or smoothie maker and put the lid on securely.
5. Plug in the blender or smoothie maker and blend for around 10 seconds until there are no lumps of fruit left.
6. Pour into your cups or glasses to serve.



## Top Tip

- Smoothies can be high in sugar because of the fruit in them, so if serving to young children dilute them half smoothie and half water. Smoothies are also best drunk with meals, rather than between meals, to reduce the risk of tooth decay.

## 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.