

Enjoy a Revitalising Smoothies



Smoothies are a great way of getting your 5-a-day and will boost your immune system.

Wash, peel and core the fruit if necessary, then chop before blending with the liquid.

Here are 4 Field to Fork favourites. Alternatively invent your own smoothie from whatever you have around and what is in season (a great way to use up overripe bananas)

You could give them names too!

Apple juice

½ cup of raspberries (fresh or frozen)

2 pears

½ cup blueberries

1 mango

2 slices of pineapple (fresh, tinned or frozen)

250ml fresh orange juice

1 banana

150g fresh or frozen mixed Scottish summer berries

300ml semi-skimmed milk

1 teaspoon clear honey

100g rhubarb stewed and sweetened with 1 tablespoon raw cane sugar

100g natural yogurt

2 drops vanilla extract

