

CANTALOUPE SMOOTHIE

Equipment needed –

Food processor, measuring cups, hand blender, 30 plastic cups, small knives and chopping boards.

Ingredients from the Garden –

- 4 cups of sliced cantaloupe

Ingredients from the Pantry –

- 4 cups of vanilla yoghurt
- 2 cups of orange juice
- 16 ice cubes

What to do –

1. Slice the cantaloupe, making enough for 4 cups worth. Place the sliced cantaloupe in a large bowl.
2. Measure out 4 cups of yoghurt and add to the bowl with the cantaloupe.
3. Measure out 2 cups of orange juice and add to the bowl with the yoghurt and cantaloupe.
4. Add the ice and blend until smooth. Divide the smoothie amongst 30 small cups and serve.

Serves –

- 28 students.