

GREEN SMOOTHIE

Equipment needed –

Blender, juicer, measuring jug, salad spinner, electric scales, small knife, chopping board and 3 jugs.

Ingredients from the Garden –

- 3 bananas
- 600 grams of baby spinach
- Juice of 3 limes

Ingredients from the Pantry –

- 750 ml of apple juice

What to do –

1. Juice 3 limes and add the juice to the blender.
2. Peel 3 bananas and add to the blender.
3. Measure out 750 ml of apple juice and add to the blender.
4. Measure out 600 grams of baby spinach. Wash and spin dry then add to the blender.
5. Secure the lid and blitz until smooth. Pour into jug.
6. Repeat steps 1 -5 using up all of your ingredients making enough smoothie for everyone to try.

Serves –

- 28 students.