



SMOOTHIE RECIPES



1

Smoothie

Berry Delight

40g Raspberries
70g Strawberries
70g Blueberries
40g Cherries
200mls Apple Juice

Add to a liquidizer and mix to make 500mls of smoothie.

Smoothie

2

Strawberry and Banana

65g Strawberries
1/4 Ripe banana
135g Apple juice
200g Low fat yogurt
2 Ice-cubes

Add to a liquidizer and mix to make 500mls of smoothie.

Smoothie

3

Citrus Sensation

200g Low fat yogurt
135mls Fresh orange juice
50g Orange segments (no pips/peel)
50g Grape fruit (no pips/peel)
4 ice-cubes

Liquidise for 2 minutes until thoroughly blended. Makes 500mls of smoothie.

FEAST OF FUN

JUICE RECIPES

JUICE

1

JUICE

2

JUICE

3

Watermelon Crush

300g watermelon (skinless)
250g seedless red grapes

Wash and prepare the fruit, cut the watermelon into chunks.

Use a juicer to blend fruit.

Mango and Orange

1 mango
3 oranges
1/2 lime

Remove peel and pips from oranges and cut into segments. Peel mango and remove stone.

Use juicer to blend all fruit.

Tropical Juice

2 kiwis
2 oranges
2 pineapple rings

Peel and remove all skin from the fruit (and pips from the oranges). Juice kiwi first then add orange and pineapple in your juicer.



FEAST OF FUN

PIZZA RECIPE

STEP

1

THE DOUGH

For pizza dough, combine 7g yeast and 300ml warm water in a bowl and set aside until starting to foam (10-12 minutes). Then add 500g strong bread flour and 1 tsp of salt. Mix to form a dough and knead for 5 minutes. Leave to rise (ideally for 1 hour).

STEP

2

THE TOPPING

Stretch the dough into round pizzas, then top with tomato pasta sauce. Use freshly cut vegetables (like peppers, tomatoes, mushrooms, sweetcorn etc) to decorate. Then sprinkle grated cheese over the pizza.

STEP

3

THE COOKING

Place each pizza on a tray dusted with flour. Put in a 200 degree preheated oven for around 20 minutes or until the cheese has turned golden brown. Remove from the oven and enjoy.



MUFFIN RECIPE



BASIC RECIPE

To make 12 muffins mix:

2 cups of self-raising flour
1/2 cup sugar
1tsp baking powder
1 egg
3/4 cup milk
2/3 vegetable oil

THE FLAVOURS

Add any of the following healthy combinations to flavour your muffins:

1 very ripe banana and a handful of chocolate chips
100g frozen blueberries
100g raspberries and a handful of white chocolate chips.

THE COOKING

Fill 12 muffin cases with your mixture and bake in 180 degree oven for 20 minutes or until cooked.

These muffins will keep fresh for a couple of days or can be frozen ahead of time and defrosted thoroughly before eating.