

Autumn Fruit Smoothie

This delicious smoothie is made from fruit that is in season during autumn. Freezing fruit is just one way of preserving which allows us to eat our favourite fruit any time of the year. This ensures you can enjoy this smoothie not only in the autumn but also in winter, spring and summer!



Milk*

Nutritional information per portion (279g):

Energy 454kJ 108kcal 5%	Fat 1.4g 2%	Saturates 0.7g 3%	Sugars 22g 24%	Salt 0.08g 1%
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of an adult's reference intake.
Typical values per 100g: energy 163kJ/39kcal.

Equipment

Weighing scales
Colander
Vegetable peeler
Sharp knife
Chopping board
Blender
Measuring jug
Measuring spoons
Glasses

Ingredients

Serves 2
200g blackberries
2 apples
250ml apple juice
OR
200g blackberries
250ml semi-skimmed milk
1 x 5ml spoon honey

*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. Wash the blackberries in the colander.
2. Peel, core and chop the apples (if using).
3. Place your chosen ingredients in the blender.
4. Blend for 10 seconds or until all ingredients are mixed together and smooth.
5. Pour into glasses to serve.

Something to try next time

- Try making this with raspberries or blueberries or even a mixture of both.
- If you like your smoothies really creamy, use a blend of 150ml milk and 100ml low-fat yoghurt.



Top Tips

- Frozen blackberries will slightly chill the smoothie. Leave to defrost for a few minutes before making the smoothie.
- Smoothies can be high in sugar from 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.

Skills used include:

Washing, weighing, measuring, peeling, chopping, blending and serving.