

Jez's Slimy Smoothie

Are you hungry all the time? Are you afraid that you might not be eating enough to grow into a true Gloop? But, do you have access to an electric mixer and these easy ingredients? Then fear not, for I have a solution (literally!). Follow this recipe to make the most scrumptious, disgusting, slimy, nutritious, weird smoothie that will get you looking like Augustus Gloop before you can say "gluttonous"!

This recipe serves 2.

Ingredients you will need: 20-25 worms, the slimier the better; 350g kale leaves, which should be dry to the bone; 2 snozzcumpers, try getting the stickiest ones; 500g of Jez's hot ice-cream for a cold day; a cup of dragon blood, that is ideally from a fire-breathing dragon's blood but any should do; 4 smashed bananas (the more smashed the better); a handful of fresh mosquitoes; 3/4th of a cup of sugar and a pinch of salt. You will also need strong metal body armour to protect you, in case the food processor explodes.

How to make the smoothie:

1. First, dress yourself in your armour, be warned this will feel rather heavy.
2. Next, in the food processor blend together the worms to make a thick, smooth paste. (You might want to pinch your nose with a peg for this, it can get very smelly!)
3. Now add in the kale and the snozzcumpers, bit by bit, blending to maintain the smooth texture.
4. Cut the hot ice-cream for a cold day into little chunks and carefully add these in the top while blending to incorporate.
5. Then, quickly add in the dragon blood and mashed banana, not giving the mixture time to bubble over. Mix for 3 minutes on high speed.
6. Finally, when it is safe to open the lid, add in the fresh mosquitoes for an extra crunch.
7. Season with the sugar and salt.

Pour into a tall glass and your disgusting, satisfying, nutritious drink is ready. This smoothie will keep you warm and keep hunger at bay on even the most disastrous day!