



Superhero Red and Yellow Smoothie

Ingredients

Red Smoothie

- 150g frozen strawberries
- 120ml raspberry juice (or raspberry and cranberry juice/raspberry and beetroot juice)
- 1 tsp honey

Yellow Smoothie

- 160g mango
- 120g pineapple
- 1 small banana
- 120ml orange juice
- 6 ice cubes

Equipment

- Blender
- Knife
- Chopping board
- Transparent tumblers/cups

Method

1. The night before making the smoothies, cut the banana into slices and place in the freezer.
2. To make the red smoothie, simply place the strawberries, raspberry juice and honey in a blender and blitz until smooth.
3. Pour the smoothie half of the way up each cup and place in the freezer for 10 minutes.
4. Wash out the blender and make the yellow smoothie by adding the mango, pineapple, banana, orange juice and ice cubes, then blitzing until smooth.
5. Remove the cups with the red smoothie from the freezer and add the yellow smoothie on top of each.

