



## BUILD YOUR OWN SMOOTHIE

We love smoothies as a delicious nourishing breakfast or snack. You can pack in lots of yummy fruit and vegetables, and get creative with different ingredients! They're also great way to use up any fresh fruit that is starting to get old.

### SERVES:

1

### PREP TIME:

10 minutes

### FRIDGE LIFE:

Best served freshly blended

### INGREDIENTS:

#### LIQUID - Choose 1 option

- 1 cup Cow's milk
- 1 cup Oat milk
- 1 cup Coconut milk
- 1 cup Soy milk
- 1 cup Almond milk

#### PROTEIN - Choose 1 option

- 1/4 cup rolled oats
- 1/4 cup plant based or dairy yoghurt

#### FRUIT - Choose 1-2 options

- 1 banana, fresh or frozen (A source of Vitamin C)
- 1/2 cup berries, fresh or frozen (High in antioxidants to help support your immune system)
- 2 feijoas, flesh only (High in potassium to help your muscles and nerves function properly and helps regulate your heartbeat)
- 1 pear, chopped into pieces (Great source of dietary fibre. This helps our digestive system by absorbing water and removing waste and toxins)
- 1 nectarine, cut into slices (High in vitamin A to help boost your immunity)
- 1 peach, cut into slices (High in vitamin C to help with growth, development and repair of all your body tissues)
- 1 kiwifruit, cut into chunks (High in dietary fibre to help support your digestive health)
- 1/4 avocado (Great source of B6 and folate to help fight tiredness and fatigue)

#### VEGETABLES - Choose 1 option

- 1/2 cup of spinach (High in folate, for healthy cell growth and function)
- 1/4 cup zucchini pieces, frozen (High in vitamin A, which plays a crucial role in your sight)
- 1 stalk of kale, leaves ripped into pieces (High in vitamin K, to help promote bone building)
- 1 stalk of celery (High in dietary fibre, to help maintain healthy digestion)
- 1/2 cup cucumber, chopped into pieces (High water content to keep hydrated)

#### HEALTHY FATS - Choose 1 option

- 1 tbsp your choice of nut butter
- 1 tbsp chia seeds
- 2 tbsp shredded coconut
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds

#### FLAVOUR BOOSTER - Choose 1-2 options

- 1/2 tsp ground cinnamon
- 1 tbsp honey
- 1 tbsp maple syrup
- 2 dates, pitted
- 2 tbsp cacao or cocoa powder



EASY PEASY!



**METHOD:**

1. Add your chosen smoothie ingredients to a blender and blend until smooth and creamy.
2. Pour your smoothie into a glass or jar and enjoy.

**1. BUILD YOUR OWN SMOOTHIE RECIPE:**

Which ingredients would you choose to build your own smoothie recipe? Fill out the recipe below to create your own unique smoothie.

**MY SMOOTHIE IS CALLED:** .....

**FRUITS:** .....

**VEGETABLES:** .....

**LIQUID:** .....

**PROTEIN:** .....

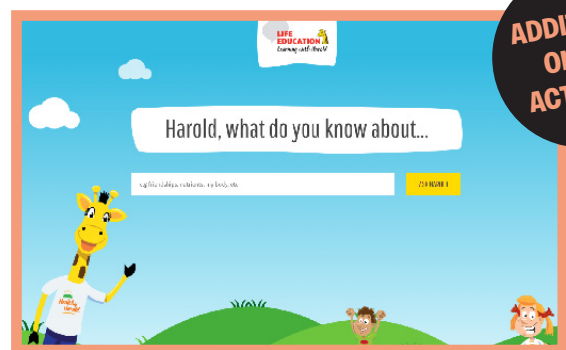
**HEALTHY FAT:** .....

**FLAVOUR BOOSTER:** .....

What colour do you think your smoothie will be when you blend everything together? .....

**2. WHAT NUTRIENTS ARE IN YOUR SMOOTHIE AND WHAT DO THEY DO TO HELP KEEP YOUR BODY HAPPY AND HEALTHY?**

Search each of the nutrients that are in the fruits and vegetables you selected for your smoothie on the [Healthy Harold website](#), then complete Harold's quiz for each nutrient!



ADDITIONAL  
ONLINE  
ACTIVITIES

**3. FRESH FRUIT - NATURE'S PERFECT SNACK**

Read [5+ A Day's Fresh Fruit, Nature's Perfect Snack resource](#). Think about different ways that you could eat the fresh fruit that you used in your smoothie.

