



# SUNNY'S SMOOTHIES

A SUPER DELICIOUS SMOOTHIE FOR EVERYPONY TO ENJOY! WHIP THIS UP AND SHARE WITH YOUR FRIENDS

## YOU WILL NEED:

- BLENDER
- 2 RIPE BANANAS
- MANGO, CUBED
- PINEAPPLE, CUBED
- 1 CUP OR 250ML ORANGE JUICE
- ICE
- LARGE HANDFUL OF STRAWBERRIES

## METHOD:

1. ASK A GROWN-UP TO HELP CUT THE MANGO AND PINEAPPLE INTO CUBES, AND SLICE THE BANANAS AND STRAWBERRIES.
2. ADD THE FRUIT (SAVE THE STRAWBERRIES FOR LATER!), ORANGE JUICE AND ICE TO YOUR BLENDER AND BLEND UNTIL SMOOTH. ADD MORE ORANGE JUICE OR ICE IF YOU NEED TO.
3. POUR HALF OF THE SMOOTHIE MIXTURE INTO YOUR CUPS, RESERVE THE REST IN THE BLENDER.
4. ADD THE STRAWBERRIES AND BLEND UNTIL SMOOTH. LAYER THIS ON TOP OF YOUR ORANGE SMOOTHIE IN THE CUPS AND ENJOY YOUR SUNNY SMOOTHIE!

