

Strawberry and banana smoothie

Serves 2

You will need

1 very ripe peeled banana

175ml pineapple juice

125ml low fat vanilla yoghurt

75g strawberries (stem removed and rinsed)

What to do

Break banana into small pieces and place in a blender with pineapple juice, yoghurt and strawberries

Secure lid and blend until smooth

Divide between two glasses and serve immediately

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



Charity No. 1123542 | Company No. 6443243

Cranberry energiser

Serves 1-2

You will need

300ml cranberry juice

100ml orange juice

150g raspberries

Lemon juice

What to do

Pour the juices into a blender (or a jug if using a hand blender)

Add the raspberries and a dash of lemon juice

Blend until smooth

Serve immediately in a tall glass over ice

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



Charity No. 1123542 | Company No. 6443243

Stupendous strawberry smoothie

Serves 2

You will need

100ml natural yoghurt
150ml strawberry yoghurt
150ml orange juice
6 strawberries
1 banana

What to do

Pour the yoghurt and juice into a blender (or jug if using a hand blender)
Roughly chop the banana and add with the strawberries
Blend until smooth
Serve in a tall glass over ice

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



HALE

Health Action Local Engagement
Healthy Living Project

Charity No. 1123542 | Company No. 6443243

Mixed berry smoothie

Serves 2

You will need

3 ripe bananas
250ml natural or vanilla yoghurt
150g frozen berries
250ml apple juice

What to do

Allow the berries to defrost and soften a little
Chop the bananas roughly and place in a blender (or jug if using a hand blender)
Add the yoghurt, berries and apple juice and blend until smooth
Serve immediately

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



Charity No. 1123542 | Company No. 6443243

Peanut butter smoothie

Serves 2

You will need

2 bananas

150 ml fruit juice (try apple or orange)

150 ml natural yoghurt

Teaspoon smooth peanut butter

Tablespoon runny honey

What to do

Place all ingredients in a blender and whizz until smooth

This smoothie is all about experimenting – try different quantities of bananas, juice and yoghurt until you've found the mix you like!

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



Charity No. 1123542 | Company No. 6443243

Strawberry and kiwi smoothie

Serves 2

You will need

250ml pineapple juice

3 peeled kiwi fruit

175g banana slices (fresh or frozen)

100g strawberries (fresh or frozen)

What to do

Place all the ingredients into a blender in the order listed

Blend at a low setting for the first minute, then the high setting until smooth

Serve immediately

For more information on HALE's work and our mobile outreach venue, visit www.haleproject.org.uk or call us on 01274 271 088



Charity No. 1123542 | Company No. 6443243