

# STRIPEY MULTI-FRUIT SMOOTHIE

Recipe by Lyndon Gee



 serves 1  
 prep 7 mins

## Ingredients

2 ripe kiwi fruit (peeled)

Dash water

1 ripe banana (peeled)

75ml apple juice

100g frozen berries (or fresh)

**1** Add the kiwi fruit to a large jug (or the jug/bowl of your blender) with a dash of water and blend until smooth, then pour into a glass.

**2** Add the banana and apple juice to the jug (no need to rinse) and blend. Carefully pour over the back of a spoon into the glass, on top of the kiwi.

**3** Next blend the berries and pour them over a spoon so they rest on top of the banana.

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
<b>255</b>	<b>53g</b>	<b>Trace</b>	<b>Trace</b>	<b>Trace</b>	<b>8.5g</b>
13%	59%	<1	<1	<1	35%

of an adult's guideline daily amount

  
**LOVE  
FOOD**  
hate waste



## Stripey multi-fruit smoothie

Smoothies are great for using up all sorts of fruit and especially good for encouraging children to eat more fruit. You can just blend all the fruit together but making it stripey gives different layers of flavour. Some fruits, such as ripe melon instantly become liquid when blended. Others such as banana need to be blended with a little added liquid - juice, water or milk, all work well. A hand-held blender is ideal but you can also use a jug blender.

### **Chef's tip** from Lyndon

Frozen berries are a quick and convenient way to make smoothies, especially in the morning when you don't have time to peel and chop fruit. Freeze fruit yourself by peeling and chopping seasonal fruit, or hull berries and freeze portions in food bags ready to add to smoothies in the future.

### **Use up**

Very ripe fruit such as bananas, pears and berries that need to be used up are ideal. Freeze any leftover smoothie to make into lollipops or fruity ice cubes.

### **Variations**

Use any fruit. Great flavours are melon and ginger or apple and blackberry. Try adding yoghurt or soya/rice milk for a creamier texture.

### **Extra flavour**

Add grated fresh ginger root. Or try adding a little honey or molasses. Use different juices such as orange or pomegranate.

### **\* Freezer advice**

For best results, mix well and place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting.

### **✓ Vegetarian and vegan options**

Brilliant for vegetarians and vegans. Add a little tofu for added protein and calcium.

### **🌿 Allergy advice**

Easily adaptable to avoid allergens.

For lots of more recipes and advice on making the most of your food visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

**LOVE**  
**FOOD**  
hate waste