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## KEEP COOL WITH A SMOOTHIE

*Choose a recipe, adapt as needed, blend until smooth and drink to your health! Tip: freeze banana chunks or berries – add instead of ice for chilled sweetness.*

### MACADAMIA HEAVEN

- 2 large frozen **bananas** (or fresh bananas and ice cubes)
- 1 teaspoon **vanilla extract**
- 5-7 **macadamia nuts**
- 3 pitted **dates**, soaked until soft
- 240ml **milk** or soya milk (or a mix!)

### LOVELY JUBBLY MELONS

- 3-4 big handfuls of peeled, chopped **melon**
- Juice of 2 **limes**
- 6 heaping tablespoons fat-free **vanilla yoghurt**, (or 240ml vanilla soya milk)
- 1 handful of **ice cubes**
- (Or, instead of limes, add the juice of 1/2 a **lemon**, 1 teaspoon of **honey**, and 1/2 teaspoon of **mint extract**)

### TROPICAL BLISS

- 2 **kiwi** fruit, peeled (add towards the end of blending so as not to break all the seeds)
- 1 **mango**, peeled and stone removed
- 100ml **coconut milk**
- 4 tablespoons **pineapple & mango yoghurt**, (or banana soya yoghurt)
- 1/2 teaspoon **honey**
- 1 handful **ice** (or 1/2 frozen banana)

### FRUIT & SPICE

- 1 **apple**, peeled, cut and seeds removed
- 1 **pear**, peeled, cut and seeds removed
- 1 **peach**, pitted
- 1/2 teaspoon **ground cinnamon**
- 1/4 teaspoon **ground nutmeg**
- 4 tablespoons apricot **soya yoghurt**, or vanilla yoghurt
- 200ml **apple juice**, or 2 handfuls of ice

### STRAWBERRY PUNCH

- 6 tablespoons strawberry, vanilla or natural **yoghurt**
- 150ml **orange juice**
- 2-3 handfuls of **strawberries**
- 1 tablespoon **lemon juice**, and 1/2 teaspoon grated lemon zest (optional)
- 1 handful **ice** cubes