

Making a Smoothie with Emer



New Directions: Maximising Independence



Name:



Date:

You will need: Apple, Pear, Ginger, Cucumber, Grapes, Frozen fruit, Honey

1. You will need to peel and chop the apple.



2. Peel and chop the cucumber

3. Peel and chop the pear



4. Peel and grate the ginger



5. Put everything in a bowl. Add the grapes also

6. Wash the fruit, put in a sieve and allow the cold water to wash through.



7. Put all ingredients in the liquidiser.
Add frozen fruit and blitz until smooth.



8. Taste to check if a little honey is needed

Enjoy

Don't forget to put the peels in the compost