

## SMOOTHIES RECIPES



### **Superhero Green Smoothie**

#### **INGREDIENTS:**

**7 or 8 spinach leaves**

**One half of avocado**

**One half of mango**

**1 banana**

**2 cups of cold water.**

#### **Kitchen tools:**

**Blender**

**Knife**

**Cutting board**

**2 cups**

#### **INSTRUCTIONS:**

1. Two hours or more time before to start cooking, slice the banana and put it into the freezer.
2. While, peel and cut the half mango and the half avocado.
3. After two or more hours, put into the blender, the spinach leaves, the half avocado, the half mango, the frozen slices of banana and the cold water.
4. Mix everything into the blender for 2 minutes.
5. Finally, pour the smoothie into the cups and enjoy it!



## Superhero Red and Yellow Smoothie

### INGREDIENTS:

#### Red smoothie:

- 10 strawberries
- A glass of raspberry juice
- A big spoon of honey

#### Yellow smoothie:

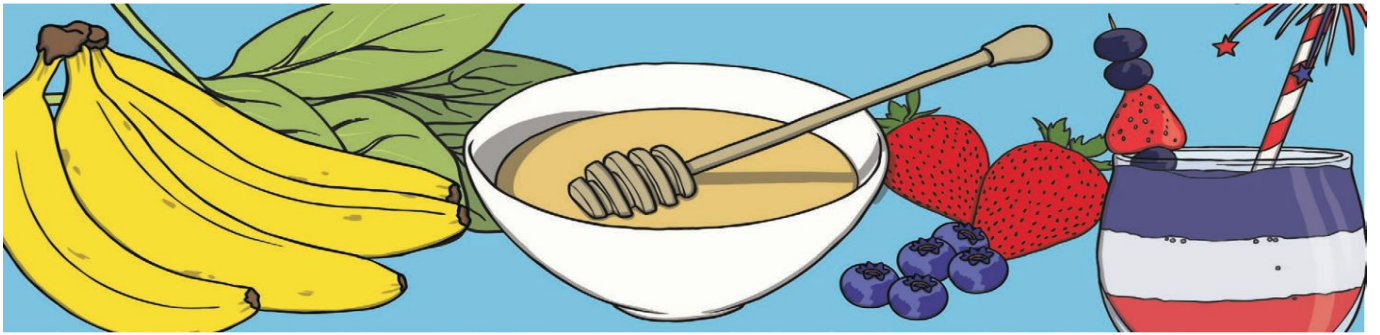
- A small mango
- A small banana
- A small piece of pineapple (120 g)
- A glass of orange juice
- 6 ice cubes

### Kitchen tools:

- Blender
- Cutting board
- Knife
- Transparent glasses.

### INSTRUCTIONS:

1. The night before, slice the banana and put it into the freezer.
2. First of all, we are doing the red smoothie. So, put the strawberries, the raspberry juice and the honey into the blender and mix everything.
3. Then, fill the half of the cups with the red smoothie and put them into the freezer for ten minutes.
4. While, wash out the blender and to do the yellow smoothie, put the banana, the mango, pineapple, orange juice and ice cubes into to mix everything again.
5. Finally, remove the cups from the freezer and fill with the yellow smoothie on top of each cup and enjoy it!



## Superhero Red, White and Blue Smoothie

### INGREDIENTS:

#### RED SMOOTHIE

10 frozen strawberries  
A glass of raspberry juice  
A big spoon of honey

#### WHITE SMOOTHIE

1 banana  
2 tablespoons of vanilla yoghurt  
A glass of milk

#### BLUE SMOOTHIE

2 spinach leaves  
20 frozen blueberries  
A glass and a half of milk

### Kitchen tools:

Blender

Cutting board

Knife

Transparent glasses.

### INSTRUCTIONS:

1. The night before, slice the banana and put it into the freezer.
2. First of all, we are doing the red smoothie. So, put the strawberries, the raspberry juice and the honey into the blender and mix everything.
3. Then, fill the third part of the cups with the red smoothie and put them into the freezer for ten minutes.
4. While, wash out the blender and to do the white smoothie, put the banana, the vanilla yoghurt and the milk into and mix everything again.
5. Remove the cups from the freezer and add the white smoothie adding another third part of the cups and put them again into the freezer for another 10 more minutes.
6. While, wash out the blender and to do the blue smoothie, put the spinaches, the blueberries and the milk into and mix everything again.
7. Remove the cups from the freezer and add the blue smoothie filling yet the whole cup until the top.
8. Enjoy your red, white and blue smoothie!!