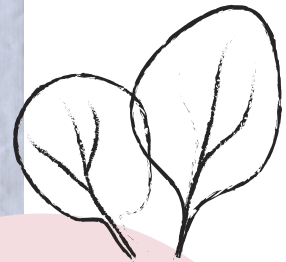


Tropical Green Smoothie Lollies



"I'm strong to the finish, 'cause I eats me spinach!" This is Popeye's well-known catch phrase, and it's advice worth following as spinach is packed with goodness. Spinach is so special, it even has its own day of celebration – National Spinach Day on 26 March! But we like to add this wonder veg to our meals all summer long. Spinach contains iron, as well as loads of other vitamins and minerals which help keep you strong – including vitamin K, which is great for your bones.

A brilliant way to get children to eat spinach, these smoothies can be enjoyed as they are, or frozen to make lollies! Children of all ages can help prepare and measure the ingredients.

SKILLS Washing spinach, measuring juice, peeling bananas and measuring oats

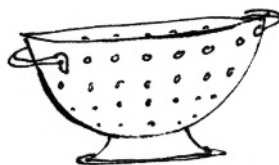
MAKES Enough for 2-3 smoothies or about 6 lollies (depending on your lolly holders)

TAKES About 10 minutes, plus time to freeze

INGREDIENTS

- 1 banana
- 1 glass of spinach leaves (approx 30g)
- 1 glass of frozen pineapple chunks (approx. 125g)
- 1 glass apple juice (approx. 150ml)
- 1 tablespoon oats

KIT blender or hand-held blender,
1 drinking glass



METHOD

- 1 Peel the banana, break into chunks and put into a jug or blender.
2. Wash the spinach in a sieve or colander and shake to dry. Add the spinach to the jug.
3. Fill a glass with frozen pineapple and tip into the blender. Almost fill the same glass with apple juice and add to the blender. Add 1 tablespoon oats.
4. Blend until really smooth and pour into glasses to drink, or pour into lolly moulds and freeze



Did you know?

If every person in Great Britain gave up meat for just one Monday, it would have a bigger impact on our carbon footprint than if every car was taken off the road for a whole day!

MEAT
Monday
FREE

COOK
SCHOOL

#MeatFreeWithTheFamily