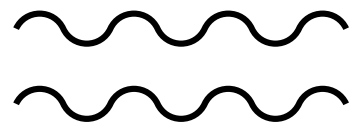


Healthy Smoothie

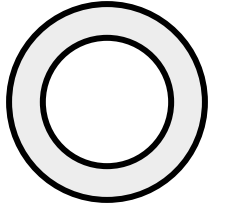
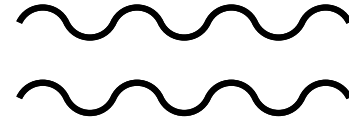


SMH ACTIVITY HUB



Ingredients

- x3 Tablespoon Greek Yoghurt
- Half Teaspoon Ground Turmeric
- Orange Juice or Apple/Raspberry(200ml)
- Half Teaspoon Ginger Paste
- 1 Banana
- Mango Slices



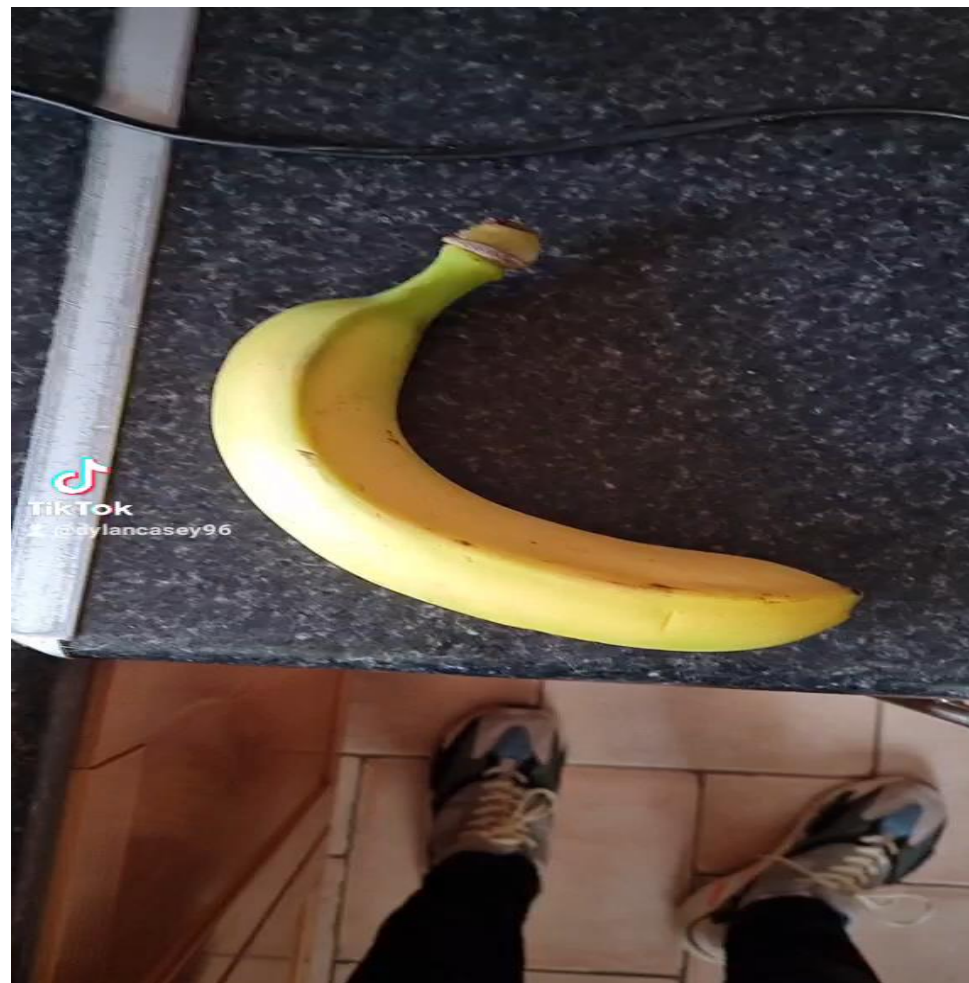
Equipment

- Blender
- X1 Tablespoon
- X1 Teaspoon
- Drinking Glass



STEP 1

- Peel the Banana
- Add to Blender



STEP 2

- Add Mango Slices to Blender
- Add x3 Tbsp of Greek Yoghurt To Blender



5



STEP 3

Measure Half a Teaspoon of
Ginger Paste and Add to
Blender



STEP 4

Measure Half a teaspoon of Turmeric and Add to Blender



STEP 5

-Add 100-200ml of the juice of your choice.

Apple & Raspberry or Orange

Blend Until Smooth

Optional

Add Ice to make it Cold



STEP 6

Pour Smoothie into a Drinking Glass and Enjoy !!

