

# Favourite Pink Smoothie Recipe

Enjoy this delicious recipe for breakfast or anytime throughout the day as a snack!

**Time to complete:** 10 minutes

**Age Group:** 4yrs+ (parental assistance required)

## Materials and ingredients:

- Blender
- Measuring cups
- 1 cup - frozen strawberries
- ¼ cup - frozen raspberries
- 1 - ripe banana
- ½ cup - yogurt (your favourite kind)
- ½ cup - milk
- ½ cup - ice

## Optional ingredients:

- ½ - frozen beet
- 2 tbsp - honey



## Instructions:

1. Place all ingredients into a high speed blender
2. Turn blender on the smoothie setting or high for 1-2 minutes.
3. Smoothie is ready when all ingredients are completely smooth
4. Pour into a cup and enjoy!