



## Hungry Caterpillar Fruit Smoothies

Little ones love the story of *The Very Hungry Caterpillar* and they will love helping to make these delicious fruit smoothies too. The perfect way to eat a variety of fruit in one tasty serving, helping you to reach your 'five a day' the fun way!

*\*To make smoothies you will need a smoothie maker or a jug / stick blender.*

*Makes one jug (8 child sized servings)*

### **You will need:**

- 2-3 Soft pears (approx 300g)
- 120g Strawberries
- 100g frozen blueberries
- 250ml - 300ml Apple Juice
- 60ml Orange Juice

### **To make:**

1. Peel and slice the pears and cut into small chunks
2. Wash the strawberries, remove the stalks and chop in to small chunks
3. Add the pear and strawberries to the blender along with the frozen blueberries.
4. Add the apple and oranges juice to the blender.
5. Blend until all the fruit is smooth and no lumps remain. Approx 20 seconds.
6. Serve and enjoy!

### **Mighty Tip!**

When making smoothies there are no set rules! You can have fun experimenting with different combinations of fruits. Add more / less juice depending on how thick you want your smoothie to be. Or, for a creamy treat substitute the fruit juice with milk or natural yoghurt.