



# Swashbuckle Smoothie

## Ingredients

- 1 cup baby leaf spinach
- $\frac{1}{2}$  avocado
- 1 banana
- $\frac{1}{2}$  mango
- 2 cups water

## Equipment

- Blender
- Knife
- Chopping board
- Cups

## Method

1. Two hours (or more) before cooking with the children, cut the banana into slices and put it in the freezer.
2. With the children, peel and cut the avocado and mango
3. Add the spinach, avocado, frozen banana, mango and water to the blender, then blitz until smooth.
4. Pour the smoothie into cups to serve.

