

Halloween Smoothie

Ingredients (serves 4)

80g lychee
 80g blackberries
 80g kiwi
 80g mandarin segments
 (in juice, drained from can)
 300mls skimmed milk



Method (Perfect for kids)

Step 1: Ask an adult to help you open cans of fruit and show you how to use the blender

Step 2: Use a hand blender in a plastic jug. Keep safe by making sure you keep the plug away from liquids

Step 3: Whizz your fruit through the blender until smooth and gradually add the milk until well combined and wickedly purple

For a Spooky finish

Use food colouring pens to draw bloodshot pupils onto the lychee and place a gory eyeball into each glass. Get creative with plastic spiders, pretend webs and miniature pumpkins to set the scene for a healthy and happy Halloween



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of an adult's Reference Intake.

Typical values per 100g: Energy 139kJ/33kcal

Why is this recipe good for your heart?

- ✓ It provides one of your 5-a-day which is important for good health
- ✓ The high vitamin C content will help protect your arteries so our heart can keep beating for longer
- ✓ It's good to try new foods with different colours and textures to get a healthy balanced diet, so have fun being creative

For more information and advice about a healthy heart, contact our Healthy Heart team on 0113 234 7474 or email healthyheart@heartresearch.org.uk