



# Q Pootle 5 Super Smoothies!

Get some fab fruit in your diet with these super space smoothies! Chop up all the fruit (get an adult to help) and pop in a blender until smooth and tasty. You could try different fruit too, & come up with your own creation!



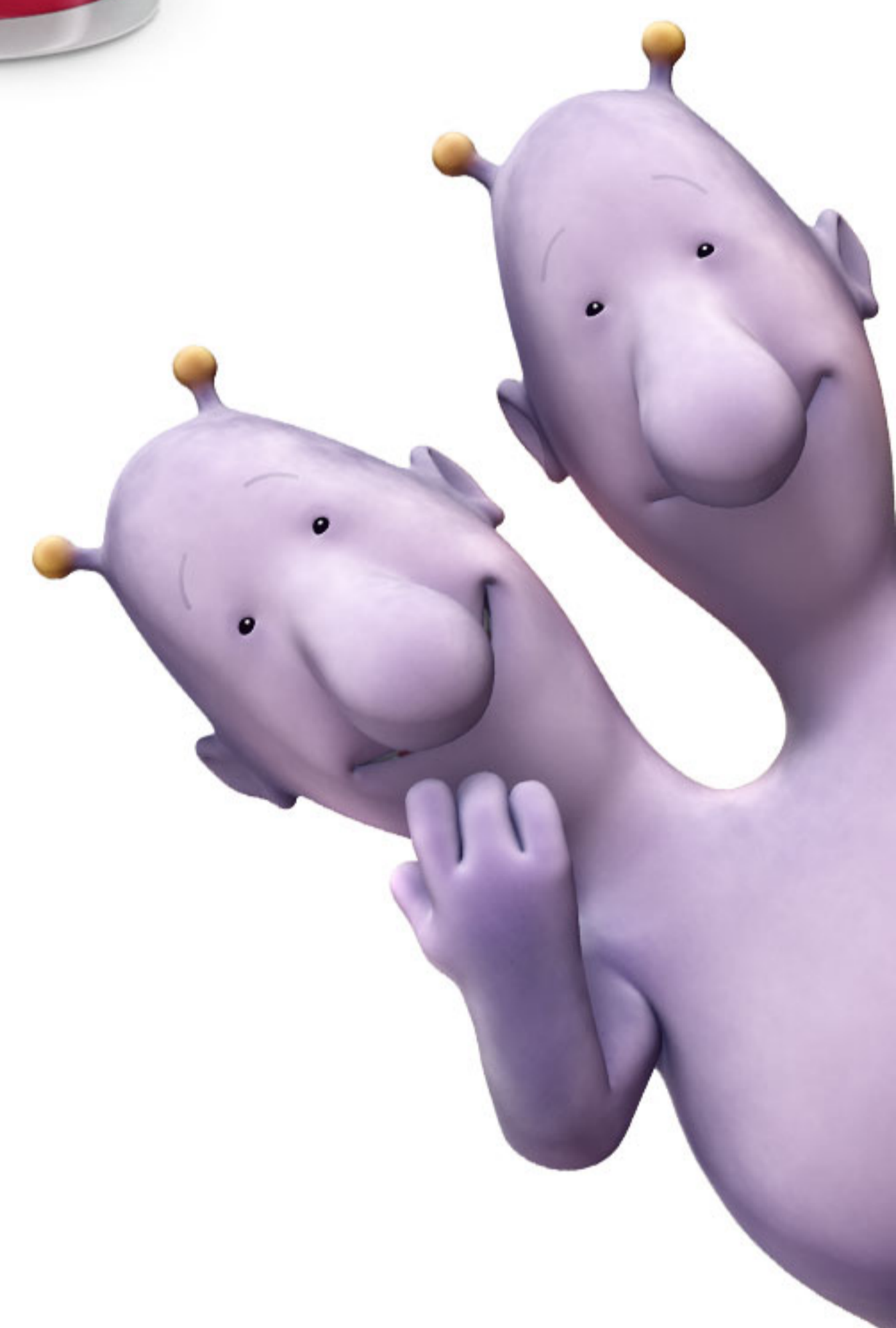
## Strawberry Star Shake

**2 handfuls strawberries**  
**1/2 banana**  
**100ml milk**  
**1 small strawberry yoghurt**



## Big Berry Dipper

**1/2 banana**  
**1 handful blackberries**  
**1 handful blueberries**  
**120ml milk**



## Gooney Green Galaxy

**1 apple**  
**1 pear**  
**1 banana**  
**1 handful spinach/kale**  
**100ml apple juice**

