



Serves	2
Prep (min)	5
Cook (min)	-

TROPICAL FRUITY SMOOTHIES

Have fun whizzing fruit into a yummy drink. Remember to let the grown-up check all packet labels for allergens (and traces of allergens) before starting to cook.

Free from

Dairy (DF)
Egg (EF)
Gluten (GF)
Nuts (NF)
Peanut (PF)
Soya (SF)
Sesame (SeF)
Shellfish (ShF)
Fish (FF)

Ingredients

1 grown-up
1 large mango
1 banana
100ml/0.5 cups coconut milk (check label for allergens)
8 ice cubes
6 raspberries to decorate

PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label for allergens when buying pre-packaged foods.

Method

1. Take one grown-up and put them in charge!
2. Get the grown-up to peel and chop the mango and banana into little chunks. Chop, chop, chop!
3. Place all the ingredients into a blender and whizz for a few minutes (making the fruit feel dizzy as it spins around and around!) Make sure all the chunks have gone and your mixture looks smooth.
4. Pour into two glasses and decorate with berries or more crushed ice. Pop in a swirly straw and enjoy slurping tropical fruity goodness from a glass! Mmmm, yummy.

Tip: Try using different fruit to mix and match flavours and colours!

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun