



THE LAB

**Eight pages of things
to make and do**



Make a green smoothie

This bright green wonder drink is tasty and packed full of healthy vitamins.

What you need

Makes one large smoothie

- 1 large apple
- ½ avocado
- 1 ripe banana
- 30g spinach leaves
- 1tsp sunflower seeds
- 570ml water
- Knife
- Chopping board
- Blender
- Glass for serving

Instructions

- 1** Ask an adult to help you slice up the apple into segments and remove the core. Leave the skin on.
- 2** Cut the avocado in half and remove the skin and take out the stone.
- 3** Put all the ingredients into the blender and blitz them until they go smooth.
- 4** Pour into a tall glass and enjoy!



WARNING!
Ask an adult for help when using a knife and a blender.

How does it work?

This smoothie is healthy because it contains lots of mineral and vitamins. These are chemicals that are essential for your body to develop and grow. Bananas are rich in potassium – the third most common mineral in the body – which helps to send nerve signals and control your muscles. Apples and spinach are a good source of vitamin C, which protects your cells and keeps them healthy. Avocados are full of healthy fats that help your gut to absorb foods, and sunflower seeds are packed with vitamin E. This helps your body to make red blood cells. The seeds also contain vitamin B1, which gives you a nice energy boost.

TOP TIP
Try swapping the water for coconut water to give more flavour.