

THE LAB

Three things to make and do

Kitchen chemistry

WARNING!
Ask an adult for help using a blender.

1 Make a rainbow smoothie

Kick-start the new year with a cheerful, healthy drink.

What you need

- 140g blackberries
- 140g blueberries
- 4 tbsp Greek **yoghurt**
- 1 kiwi fruit (peeled and chopped)
- 1½ bananas (peeled and chopped)
- Handful of spinach
- 1 mango (peeled and chopped)
- 1 orange (peeled)
- 150g raspberries
- 3 strawberries
- 120ml pineapple juice

- Knife
- Five bowls
- Blender
- Spoon
- Long glasses

Instructions

- 1** Place the blackberries, blueberries and two tablespoons of Greek yoghurt into a blender and blitz until smooth. Pour into a bowl.
- 2** Rinse the blender and toss in the kiwi, half a banana and spinach. Whizz and pour into another bowl.
- 3** Next, add the mango, half a banana and two tablespoons of yoghurt to the rinsed blender. Blend and pour into a third bowl.
- 4** Rinse the blender and blitz the orange, half a banana and three raspberries. Then pour into a bowl.
- 5** Rinse once again, and then whizz the rest of the raspberries, strawberries and pineapple juice. Pour into the last empty bowl.
- 6** Spoon your smoothie mixture into the glasses. Wipe the inside of the glass before adding the next layer.
- 7** Decorate with fresh fruit at the top of the glass, and enjoy!



Blitz fruit in a blender.

How does it work?

The fun thing about a rainbow smoothie is that you can taste the fruits in the different layers – and it's packed full of goodness. As well as a bright purple colour, blueberries and blackberries add antioxidants, which prevent damage to your body's cells. Spinach is rich in iron, vitamin E and magnesium to boost your immune system. (The taste of the spinach gets lost in the fruit, too.) Oranges are packed full of vitamin C – the secret to getting a bright orange colour is a couple of raspberries. Ripe bananas add sweetness to each layer and Greek yoghurt adds creaminess.

TOP TIP!
Using frozen fruit will make your smoothie deliciously cool.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://www.tinyurl.com/SN-allergy)

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