



# Five Little Speckled Frogs

## Pond Water Smoothie

### INSTRUCTIONS

#### Ingredients

Pineapple - fresh, tinned or preferably frozen

Orange juice - not from concentrate

1 banana

Spinach washed.



This quick and delicious smoothie does look like pond water but it is delicious. You can use Kale or other greens instead but spinach has a mild flavour, so although it does change the colour of the drink, you hardly taste it.

Get your child to wash the spinach. Then they need to break up a banana and put it in an unplugged blender with the pineapple, orange juice and spinach. Please still be careful that they cannot put their hands near any sharp blades.

Once all the ingredients are in the blender you can put the top on and turn on the power of the blender. As long as it is properly supervised your child can press the blend button but remember that many small children can be scared of loud noises so prepare them for the sound.

Once blended to the right thickness you can unplug the blender and pour into cups.

If you want to you can garnish with a couple of watercress branches or kale around the side so that it looks like plants growing round the edge of the pond and stick the little frog below on a lollipop stick or straw (and sorry you will also have to laminate) to also put into the drink.

