

## RECIPE 4

Serves 2-4.

# Raspberry Ritz Smoothie

### INGREDIENTS

200g fresh raspberries  
1 teaspoon honey  
300ml cold milk  
3-4 tablespoons fat-free yoghurt

### EQUIPMENT

blender, scraper, teaspoon, tablespoon,  
serving glasses

### HOW TO MAKE IT

1. Set 6 raspberries aside for decoration. Place all the remaining ingredients in the blender.
2. Whizz to a smooth consistency. If the smoothie is very thick add a little milk or 1 or 2 ice cubes.
3. Pour into glasses, decorate with the reserved raspberries and serve cold.

### COOKING KNOW-HOW

#### Adult preparation

1. Wash your hands (no nail varnish) and wear an apron.
2. Collect all the ingredients and equipment. Arrange them on the table so that all the children can see them.
3. Discuss the ingredients and equipment - what they are, how to weigh and measure them and how they are to be used.

### SHOW THE CHILDREN

- the blender, how it works and highlight safe use by an adult only.
- how to count out the (reserved) raspberries, measure the milk, honey and yoghurt;
- how to place the ingredients in the blender (goblet NOT seated on the motor);
- what happens to the ingredients when blended (adult only to use the blender);
- how to pour the smoothie into glasses and decorate with reserved raspberries.

### The children may, under supervision:

- count out the raspberries for decoration and measure the yoghurt and honey;
- place the ingredients in the blender;
- watch the blender and observe the changes in the ingredients.
- decorate the smoothie.

### SKILLS

Counting, measuring, decorating.