

Ebony Smoothie

10 red grapes
1 kiwi fruit
1 banana (Fairtrade)
2 handfuls blueberries (or pick your own wild winberries, also called bilberries or blaeberrries)
2 tablespoons blackberries (wild ones or pick your own are best!)
2 tablespoons blackcurrants
250 ml cranberry juice
A large pinch of 'green stuff' (e.g. Kale)

Created by:

Sophie
Anna
Jasmine
Jenna
Dominic
Myfi
Luke
Nathan
Amy
Rowie

Smells Like Red Smoothie

4 strawberries (you could grow your own!)
10 red grapes
2 tablespoons raspberries
1 apple
1 pear
1 tablespoon blackberries (wild ones or pick your own are best!)
250 ml cranberry juice
Half a banana (Fairtrade)

Created by:

Gabriel
Rhys

Tom
Rowen
Elliot
Sophie
Ben
Emmie

Other names for this smoothie were:

Raspberry Juice Surprise
Red Dragon
Ruby Smoothie
Train Station
Ruby Jewel

Sweetie Pie Smoothie

Half a melon
1 banana (Fairtrade)
1 apple
1 kiwi fruit
15 red grapes
150 ml orange juice
150 ml cranberry juice
1 pear
2 tablespoons raspberries
15 blueberries (or pick your own wild winberries, also called bilberries or blaeberrries)

Created by:

Alex
Llewelyn
Ethan
Louis
Josh
Laruen
Charis
Molly
Hannah
Mannon

Spooky Surprise Smoothie (for Halloween)

10 grapes
20 blueberries (or pick your own wild winberries, also called bilberries or blaeberrries)
2 apples
2 tablespoons raspberries
150 ml raspberry juice (from tinned raspberries)
2 tablespoons tomato juice
3 tablespoons blackberries (wild ones or pick your own are best!)
150 ml blackberry juice (from tinned blackberries)
2 tablespoons blackcurrants
1 pear
Splash of cranberry juice
150 ml orange juice

Seaweed Smoothie

1 banana (Fairtrade)
2 handfuls blueberries (or pick your own wild winberries, also called bilberries or blaeberrries)
2 leaves of Kale (remove the stalks)
A large pinch of Dulce (or other edible seaweed from a health food shop)
Water to taste

Other names for this smoothie were:

The Big Greenie
Seaside Smoothie
Rockpool Smoothie

Created by:

Joshua
Paige
Thomas
Hannah
Mathew
Nai
Holly
Cara
Francesca
Amy
Spiderman

Other names for this smoothie were:

Pink Smoothie of Death
Scary Smoothie
Black Cat Smoothie
Vampire Smoothie
Scary School Smoothie
Vampire Blood
Dracula Snack