

# CITY LIFESTYLES



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Recipe name: Sterling's Special Fruit Smoothie

Serves: 4 people

Preparation time: 5-10 mins

Cooking time: None

Starting line-up (*ingredients*):

Watermelon, banana, kiwi, strawberries, raspberries, blueberries, oranges, milk, ice cubes



Warm-up (*preparation*):

Peel and chop fruit into small pieces



Game plan (*method to make*):

1. Place all fruit into a mixing bowl
2. Add to blender and blend until smooth
3. Add Milk and ice cubes
4. Blend again until smooth and thick



## Substitutes

Use other fruits of choice as alternate options

Dairy intolerance – use lactose free milk (soya) or protein powder

## Nutritional benefits:

Watermelon - hydration, vitamin A, C, B1, B5, B6. Banana - vitamin C, carbohydrate for energy, fibre for healthy gut. Kiwis - folate, potassium, vitamin C, K, E (super fruit), Strawberries - folate, potassium

Blueberries - vitamin K, C, magnesium

Raspberries - vitamin C, magnesium

Oranges - vitamin C, protects immune system

Milk - protein and calcium

Each serving provides 157k kcal per person, 128g carbohydrates, 16g protein, 6g fats



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