

Tropical Shakes

During hot summer months try some cool fruit shakes during your Vacation Care programme. Not only are they nutritious, but they are simple for the kids to make! Try these great recipes below then grab a chair, sit back, put the feet up, sip and enjoy!

Sahara Fruit Shake

What You Need

- 1 banana
- 4 dates chopped
- 2 tspn ground almonds
- 2 tspn honey
- 1 cup orange juice
- 8 crushed ice cubes

What to Do

- Place the above ingredients into a blender and blend for a few seconds until combined. Pour into a cup, add another 2 ice-cubes and serve!
- Serves 4.



South Sea Fruit Shake

What You Need

- ½ piece apple
- ½ piece papaya
- 4 pineapple cubes
- 1 t peanut butter
- 1 t coconut meal
- 1 cup orange juice
- 8 crushed ice cubes

What To Do

- Place the above ingredients into a blender, blend until well combined. Pour into a cup and serve with extra ice cubes!
- Serves 4

Variations

- other juices and fruits may be used
- ice-cream can replace ice-cubes
- pinch of orange or lemon rind enhances flavours



Indian Mango Lassi

What You Need

- 2 ripe mangoes
- 2 cups plain yoghurt
- ½ to 1 cup milk
- 1 tspn honey
- 4 crushed ice cubes

What To Do

- Peel mango and remove flesh from seed. Combine mango flesh, yoghurt and ice cubes in a blender and blend for a few seconds.
- Add milk and honey and blend again
- Serve in tall glasses

Serves 6

