Fruit Smoothie Recipes
Health Challenge Caerphilly county borough is the local approach to Health Challenge Wales, which lays down the challenge to everyone in Wales to make small and inexpensive changes to their daily routine leading a healthier lifestyle. You can take action as an individual, couple or as a family; challenge work colleagues and challenge your friends. There are lots of activities in the county borough, which will help you improve your health in a fun way – your mental well being too - and ultimately your overall health.

Go on! Take a small step to a healthier you and a healthier Caerphilly county borough!

Welcome to...

**Melon Marvel**

*A mouth-watering fusion of flavours*

**Ingredients**
- 150 grams melon balls (honeydew)
- 150 grams Mango chunks
- 1-2 Bananas
- 150ml apple juice

**Method**
Blend together and enjoy

**Pink Bananas**

*A sweet summer favourite!*

**Ingredients**
- 2 Bananas
- 8 medium strawberries
- 1 handful of mixed berries
- 150ml apple juice

**Method**
Blend together and enjoy

**Really Rare Pear**

*Only a juicy pear will do!*

**Ingredients**
- 2 pears peeled and cored
- 1 banana
- 1 tin of mandarin pieces
- Half a pot of natural yoghurt

**Method**
Throw into blender and whizz them up

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Mixed Berry

Packed full of summer berries

Ingredients
8 medium strawberries
2 handfuls of mixed berries
150 ml apple juice

Method
Blend the berries and juice together and enjoy

Apple Glow

Sure to be a-peel-ing!

Ingredients
150 grams of strawberries
100 grams melon balls
150ml apple juice

Method
Blend together and enjoy

Blueberry Surprise

A superfood sensation

Ingredients
1 tin of pineapple chunks
4 strawberries
1 handful of blueberries
Half a pot of natural yoghurt

Method
Add all ingredients together and blend until smooth

Be adventurous. Mix and match fruits for new flavours. Add ice cubes to make smoothies colder and crunchy, add honey if too bitter, add more fruit juice if too thick. For a treat, add ice cream.