

Contents

Introduction

Why Drink Smoothies ?

5 A Day !

The Importance of 5 A Day !

The Hidden Powers in 5 A Day !

How Much is a Portion ?

Smoothies Not Supplements

Fruit Basics

Getting Ready to Start Blending

Amazing Smoothie Recipes

Ready, Set, Start Blending!

Every day Fruit

Examples of portion sizes of every day fruit:

Fruit	Portion Equivalent To 80g
Apple: <i>Dried Rings</i>	4 Rings
Apple: <i>Fresh</i>	1 Medium Apple
Apple: <i>Puree</i>	2 Heaped Tablespoons
Apricot: <i>Canned</i>	6 Halves
Apricot: <i>Dried</i>	3 Whole
Apricot: <i>Fresh</i>	3 Apricots
Apricot: <i>Ready To Eat</i>	3 Whole
Avocado	Half An Avocado
Banana Chips	1 Handful
Banana: <i>Fresh</i>	1 Medium Banana
Blackberries	1 Handful (9 to 10 Blackberries)
Blackcurrants	4 Heaped Tablespoons
Blueberries	2 Handfuls (4 Heaped Tablespoons)
Cherries: <i>Canned</i>	11 Cherries (3 Heaped Tablespoons)
Cherries: <i>Dried</i>	1 Heaped Tablespoon
Cherries: <i>Fresh</i>	14 Cherries
Clementine's	2 Clementine's
Currants: <i>Dried</i>	1 Heaped Tablespoon
Damsons	5 to 6 Damsons
Dates: <i>Fresh</i>	3 Dates
Fig: <i>Dried</i>	2 Figs
Fig: <i>Fresh</i>	2 Figs
Fruit Juice	1 Medium Glass (150ml)
Fruit Salad: <i>Canned</i>	3 Heaped Tablespoons
Fruit Salad: <i>Fresh</i>	3 Heaped Tablespoons
Fruit Smoothie	1 Medium Glass (150ml)
Gooseberries	1 Handful
Grapefruit Segments: <i>Canned</i>	3 Heaped Tablespoons (8 Segments)
Grapefruit: <i>Fresh</i>	Half A Grapefruit
Grapes	1 Handful
Kiwi Fruit	2 Kiwi Fruit
Kumquat	6 - 8 Kumquats

Apples

Fun Facts:

There are thousands of varieties of apples. They can be traced back to the Romans and Egyptians. Later they were introduced to the rest of Europe, Britain, and then finally America.

Preparation:

Wash apples with soap and rinse well with water. It is important not to cut apples until you are ready to serve them because apples quickly turn brown as a result of oxidation. You can reduce the browning by dipping slices in a solution of one part citrus juice to three parts water.

Key Nutrients:

One medium apple provides about **20%** of the daily requirement for fiber, some vitamin **C**, and is only **80** calories.

Varieties:

Although there are countless varieties of apples, the most popular include Golden & Red Delicious, Fuji, Gala, Braeburn, Granny Smith, and McIntosh. Most are available between fall and early summer. However, some such as the Delicious varieties and Granny Smith are available all year round.

Cool Grapefruit Smoothie

- 1 pink grapefruit**
- 1 small pineapple**
- 150ml pineapple juice**
- 8 ice cubes**

Remove peel from fruit, chop into small pieces and place all ingredients into a blender, and blend until smoothie consistency is reached!

5 A Day Rating = 4

Super Summer Smoothie

- 4 large handfuls of strawberries**
- 3 kiwi fruits**
- 2 bananas**
- 200ml orange juice**

Remove peel from fruit, chop into small pieces and place all ingredients into a blender, and blend until smoothie consistency is reached!

5 A Day Rating = 8+

Passionate Apple Smoothie

- 3 red apples**
- 2 mangoes**
- 5 passion fruits**
- 150ml apple juice**

Remove peel from fruit, chop into small pieces and place all ingredients into a blender, and blend until smoothie consistency is reached!

5 A Day Rating = 9