



Tropical fruit cooler

Serves:



Preparation:

5 minutes (plus freezing time)

Ingredients

- 150g strawberries
- 1 small, ripe mango
- 1 kiwi, peeled
- 250ml orange juice

Method

1. Wash and hull the strawberries. Peel the mango and remove the stone. Roughly chop all the fruit and place onto a baking sheet. Pop into the freezer for at least 2 hours or up to 12 hours.
2. Once frozen, throw them into the blender with the orange juice and puree until thick and smooth. Serve with extra slices of fruit to decorate if you wish.

Fuel learning

- If you want to stay alert it's important to make sure you are well hydrated. Fresh fruit smoothies are a great source of vitamin C and can count as 2 of the five servings of fruit and vegetables that we should all eat each day.

Tips

- When fresh strawberries aren't in season you can use frozen or canned strawberries.