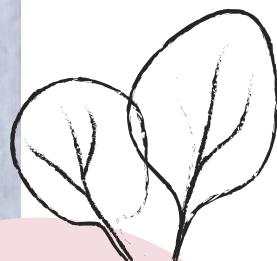


# Tropical Green Smoothie Lollies



"I'm strong to the finish,  
'cause I eats me spinach!" This  
is Popeye's well-known catch phrase,  
and it's advice worth following as spinach  
is packed with goodness. Spinach is so  
special, it even has its own day of celebration  
– National Spinach Day on 26 March! But we  
like to add this wonder veg to our meals all  
summer long. Spinach contains iron, as well  
as loads of other vitamins and minerals  
which help keep you strong –  
including vitamin K, which is  
great for your bones.

A brilliant way to get children to eat spinach, these smoothies can be enjoyed as they are, or frozen to make lollies! Children of all ages can help prepare and measure the ingredients.

**SKILLS** Washing spinach, measuring juice, peeling bananas and measuring oats

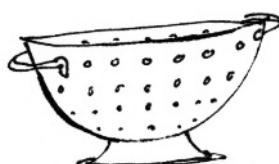
**MAKES** Enough for 2-3 smoothies or about 6 lollies (depending on your lolly holders)

**TAKES** About 10 minutes, plus time to freeze

## INGREDIENTS

- 1 banana
- 1 glass of spinach leaves (approx 30g)
- 1 glass of frozen pineapple chunks (approx. 125g)
- 1 glass apple juice (approx. 150ml)
- 1 tablespoon oats

**KIT** blender or hand-held blender,  
1 drinking glass



## METHOD

- 1 Peel the banana, break into chunks and put into a jug or blender.
- 2 Wash the spinach in a sieve or colander and shake to dry. Add the spinach to the jug.
- 3 Fill a glass with frozen pineapple and tip into the blender. Almost fill the same glass with apple juice and add to the blender. Add 1 tablespoon oats.
- 4 Blend until really smooth and pour into glasses to drink, or pour into lolly moulds and freeze



**MEAT  
Monday  
FREE**

**COOK  
SCHOOL**

## Did you know?

If every person in Great Britain gave up meat for just one Monday, it would have a bigger impact on our carbon footprint than if every car was taken off the road for a whole day!



#MeatFreeWithTheFamily