

Make your own Seaweed Smoothie!

What you will need:

- A blender
- Fruit – frozen and bananas
- Coconut milk
- Fruit juice
- Spirulina powder
- Spoon
- Reusable cups



Instructions:

1. Ensure blender and all equipment is clean and ready to use
2. Add small amount of frozen fruit to the blender
3. Add small amount of fresh fruit to the blender
4. Add $\frac{1}{2}$ teaspoon of spirulina powder
5. Add half a cup of either juice or coconut milk (or both)
6. Ensure hands are dry, switch blender on and keep on for ~25 seconds. Switch off and give blender a gentle shake if necessary
7. Continue switching on and off until mixture is fully blended and has become a complete liquid. Ensure blender is switched off at the socket.
8. Be careful when lifting lid off blender and pour carefully into cups
9. Remove blender from base and place in washing up sink with washing up liquid and warm water.
10. Voilà —enjoy your seaweed smoothie!

**PLEASE DO NOT ATTEMPT THIS IF YOU OR YOUR CHILDREN HAVE ALLERGIES
TO ANY OF THE INGREDIENTS**

