

Recipe of the Month

November 2026

Tropical Fruit Smoothies

Ingredients *Kiwi *banana *Orange *Pineapple *Milk/Water



Method

Get ready: Ask your grown up to help chop any big fruits to smaller chunks or peel any necessary fruits.

Step 1) Cut up all your fruits into small chunks

Step 2) Add the pieces into a blender

Step 3) Blend together all the fruit until smooth

Step 4) Add in your choice of liquid (milk, oat milk, juice, water) to thin out the smoothie

Step 5) Pour into your cup and enjoy!

We would love the children to take part in a simple cooking activity at home. Cooking is a great way for children to develop important skills such as communication, fine motor skills, early maths and independence.

We would love if you share your photos with us on Tapestry!