FEIJOA AND BANANA SMOOTHIE

From our garden: feijoas

NOTES TO STUDENTS and VOLUNTEERS:

1. You need to work out how many times you need to make this recipe.
2. Each glass holds approximately 150mls.
3. Peel the banana last to stop it from going brown.
4. This recipe makes approximately 10 x 150ml serves.

TODAY OUR GROUP WILL NEED TO MAKE ___________ GLASSES OF SMOOTHIE.

WE WILL NEED TO MAKE THIS RECIPE ___________ TIMES.

EQUIPMENT

Chopping board
Small knife
Teaspoon
Measuring cups
Ice cream scoop
Blender
Glasses for serving

INGREDIENTS

- 1 litre milk
- 1 cup Feijoa flesh
- ½ cup chopped banana
- 4 scoops ice-cream
- Nutmeg to garnish

WHAT TO DO

1. Set up the blender.
2. Cut the feijoas in half and using a teaspoon scoop out the flesh. Roughly chop until you have 1 cup of feijoas. **Do not eat the skin.**
3. Pour half the milk into the blender.
4. Add half the feijoas.
5. Peel and chop the banana until you have ½ cup. Add half to the blender.
6. Add half the ice-cream and blend until smooth.
7. Pour into the glasses and then repeat the recipe.
8. Lightly garnish each glass with nutmeg.