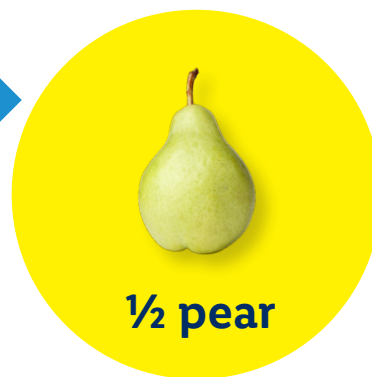
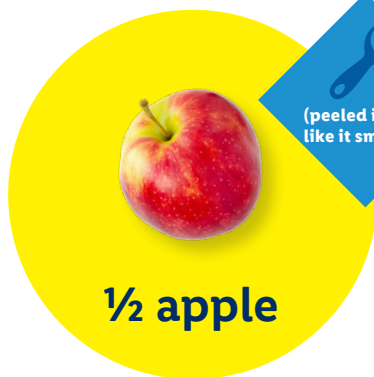


Apple Snap Smoothie

Ingredients



Remember: wonky or overripe ingredients are just as tasty — and using them up means less food waste!



Instructions



Did you know? Apples are 25% air, which is why they float in water! They give us energy and fibre.

- 1.** Cut up the fruit
- 2.** Put all the ingredients into the blender
- 3.** Blend until it's a smooth texture
- 4.** Pour into a cup
- 5.** Sip and enjoy!

