

KITCHEN SINK

Smoothie

By Sophie Fogel and Ellie Myers

Sophie and Ellie don't like to waste food—especially not in a pandemic. By using the food in your fridge you cut waste, save money and a trip to the grocery. Here's a quick and easy smoothie recipe you can try with food you already have at home.



BASIC INGREDIENTS AND METHOD

One banana. Can be soft or not.

Any other fruit in the house. Frozen or fresh.

Do you have chia seeds? Put them in!

Do you have peanut butter? Put it in!

Do you have broccoli or kale? Put it in (only if you want to impress your parents)!

Add lots of ice.

Now, for the liquid, any milk, coconut water, rice milk or almond milk will do. If you don't have any of those, just put in extra water.

Our favourite secret ingredient? Chocolate chips or marshmallows. But don't tell your parents about that one! Blend it all up! YUMMY!