

RECIPES FROM **WIMBLEDON**

THE BIG 4 SMOOTHIE



Cooking time: 10 minutes Serves 2

INGREDIENTS

140g pineapple
140g strawberries
140g mango
50g kiwi
80ml apple juice
120g ice cubes

METHOD

1. If you are not using ready-prepared fruit, peel and dice the pineapple and mango, peel and halve the kiwi and hull the strawberries.
2. Add all ingredients to the blender along with the apple juice and ice cubes and blend until smooth.
3. Divide between two glasses and serve.

