

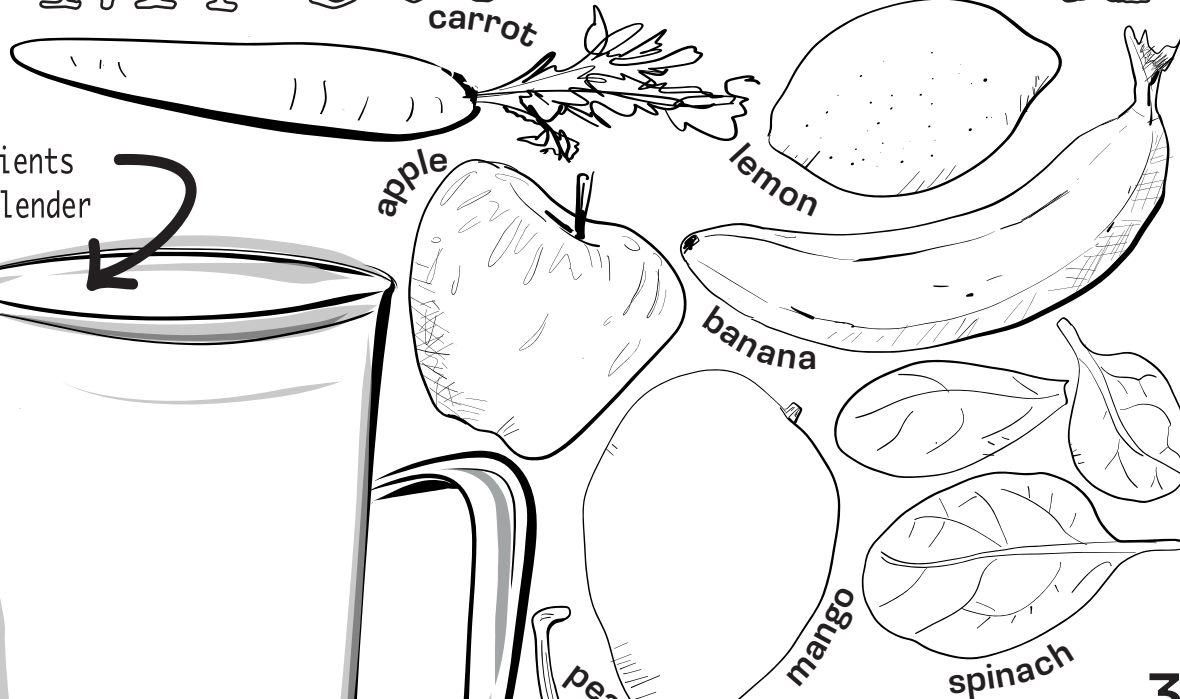


**PLANT-BASED**  
Health Professionals UK

# MY SUPER SMOOTHIE Recipe

1.

Choose your ingredients  
Draw them in the blender



2.

Is there anything  
else you would  
like to add?  
Draw here



3.

List your super  
ingredients here:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

choose your  
favourite  
plant  
milk



4.

Draw your yummy  
smoothie here



Keep any extra in  
the fridge  
or share with  
someone special!

5.

Ask an adult to help you  
make it for real

## Eat the rainbow!