

Ribena

Ribena Farm

A Kitchen Tale

Make your own delicious blackcurrant smoothies

We love blackcurrants because they help give Ribena its unique taste. Why not use these delicious little purple berries in another way?

This summer, 12 families from our 'Tales from Ribena Farm' competition came to visit our British blackcurrant farms. As part of the experience, everyone learned how to make a range of delicious blackcurrant smoothies – and we'd like to share them with you and your family.



Recipe 1

Blackcurrant burst smoothie



This is a great tasting traditional blackcurrant smoothie the whole family will enjoy.

Serves

One 200ml glass

Ingredients

- 30g fresh or frozen blackcurrants (make sure they're thawed)
- 120ml of your favourite low-fat vanilla yoghurt
- 80ml apple juice

Directions

Press the blackcurrants through a sieve – it works well if you use the back of a spoon – then discard the pulp that's left behind. Now, simply add the blackcurrant juice you have made to the other ingredients and stir them together until they make a lovely pink colour.

If you want to be really fancy you can save some juice and drizzle a swirl on the top!

Recipe 2

Blackcurrant breakfast smoothie



Why not try this delicious oaty blackcurrant smoothie? It's a great way to add new flavours and textures to a refreshing summer drink.

Serves

One 200ml glass

Ingredients

- 30g fresh or frozen blackcurrants (make sure they're thawed)
- 80ml natural yoghurt
- 75ml cloudy apple juice
- 2 teaspoons mashed mango
- 10ml honey
- 8g oats (crushed to a sawdust-like texture)

Directions

Press the blackcurrants through a sieve – it works well if you use the back of a spoon – then discard the pulp that's left behind. Add the blackcurrant juice you have made to all the other ingredients, apart from the oats, and whizz or stir (depending on how smooth you want it) together. Now you can add the oats and mix in until they're coated.

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Recipe 3

Super summer smoothie



This simple drink is light, fruity and perfectly refreshing for summer afternoons. Alternatively for winter, why not spice things up with a fine grating of nutmeg?

Serves

One 200ml glass

Ingredients

- 45g fresh or frozen blackcurrants (make sure they're thawed)
- 160ml good quality cloudy apple juice
- A dusting of nutmeg (optional)

Directions

Press the blackcurrants through a sieve – it works well if you use the back of a spoon – then discard the pulp that's left behind. Add the blackcurrant juice you have made to the apple juice and stir them together. Add a dusting of nutmeg for a festive winter taste. Sit back and enjoy!



Recipe 4

Tropical breeze smoothie



This tropical luxury is a great way for families to enjoy the summer! Packed full of scrumptious exotic flavours, it will excite your tastebuds!

Serves

One 200ml glass

Ingredients

- 50g fresh or frozen blackcurrants (make sure they're thawed)
- 110ml pineapple juice
- 1/3 of a banana
- 4 teaspoons coconut milk

Directions

Press the blackcurrants through a sieve – it works well if you use the back of a spoon – then discard the pulp that's left behind. Add the blackcurrant juice you have made to the other ingredients and whizz them all together in a blender until smooth and creamy. Mmmmm!



We'd like to say a big thank you to The Blackcurrant Foundation for these recipes. For more delicious blackcurrant recipes visit www.blackcurrantfoundation.com

The
Blackcurrant
Foundation

