



# Cinderella

Disney  
PRINCESS

## SPARKLING MIDNIGHT SMOOTHIE

The Fairy Godmother helped get Disney Cinderella ready for the ball and she danced the night away until midnight. Watch the sparkles swirl in this midnight smoothie and imagine you're at your very own ball!

### Directions

1. Wash the blackberries, blueberries, grapes and strawberries with cold water and pat dry.
2. Peel the banana and cut it in half, followed by cutting the leaf green tops off the strawberries.
3. Place the washed blackberries, blueberries, grapes, strawberries and half a banana in a blender, as well as the yoghurt and milk. Blend together, adding a splash of water until you get the right consistency. It should be runny and smooth.
4. Once the smoothie is smooth, add the edible blue glitter and blend again. Watch the sparkles swirl around!
5. Pour the smoothie into a glass, top with the scoop of vanilla ice cream and sprinkle a little extra edible blue glitter on top!
6. Use a metal or glass straw and enjoy while it's still cold!

• Makes 1 large smoothie •

### Ingredients

1 pot of low fat vanilla yoghurt  
200ml of milk  
25g blackberries  
25g blueberries  
25g grapes  
25g strawberries  
1/2 banana  
1/2 teaspoon of edible blue glitter  
1 scoop of vanilla ice cream

#### Equipment needed:

a blender  
a glass  
a spoon  
a straw

### Tip

*Requires adult supervision.*

*You can try different fruit in the smoothie and see which colour mixture you can make!*

