



with



Sunset Drink (Makes four glasses)

2 ripe bananas (300g)
25g Hamlyns Scottish Porridge Oats
250ml orange juice (juice from 4-5 oranges)
400 ml Berry juice



Peel the banana and break into large chunks.

1. Put the banana, oats and freshly squeezed orange juice into the blender. Blend well.
2. Divide the smooth mixture between four glasses.
3. Top each glass up with 100ml of berry juice. Watch what happens - it looks like sunset.

A grown up should supervise at all times and do step 2.

This drink is fun for a picnic - simply take the blended oats, bananas and orange juice and the berry juice in separate containers and make your sunset drinks at the picnic.

Notes for Adventurous Cooks:

- Cranberry juice works as well.
- Choose a juicy orange - the heavier the fruit, the more juice it contains. Gently prick the skin with a fork in several places then roll the orange on a table, pressing down so that the orange softens and the juice is released.

ALWAYS HAVE A GROWN-UP IN THE KITCHEN WHEN YOU COOK

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