

# Reds Day

Summer  
Staycation  
Club!



## A virtual day of football fever



all  
ages

### Super red and white smoothies

Make the best ever COYRs red and white  
striped smoothies

#### You will need:

- 400g Punnet of strawberries
- 150g Punnet of Raspberry's
- Sprinkle of Demerara sugar
- 2-3 tbs Honey
- 300g-500g Half fat yoghurt
- Popping candy (for the sound of the crowd clapping)
- Jug
- Hand held mixer or masher
- Table spoon
- Glasses for serving
- Barnsley straw/flag to decorate (straw, Sellotape, 2 Barnsley stickers)
- Food skewer



- To make the layered fruit strawberry and raspberry smoothie with a Barnsley straw
- Wash the fruit and remove any green stalks
- Set some of the fruit to one side to save for decorations
- Place the fruit in the jug and blend some of the fruits together using a hand held mixer or masher. Add the fruit in batches until it's all thoroughly blended.
- Add the honey to the yogurt to sweeten it slightly, mix the honey and yoghurt together.
- Taste. Add more honey if required. You could also use Fruit syrup or treacle instead of honey.



- Pour some of the red berry mixture into the bottom of the glass and add a layer of white yoghurt mixture on top.
- Continue to layer the red fruit and the white yoghurt until your glass is full.
- To make the all reds smoothie with strawberry and raspberry straw (no sugar or honey)...pour the red mixture into a glass until half full and top up the smoothie by carefully pouring full cream milk into the centre of the glass. The red colour will stay.... unless you mix it all together.
- Add your decorations and the popping candy.



- To make the fruit straws.
- Use a food skewer to make a hole in the fruit.
- Thread the fruit onto the straws.
- To make the Barnsley straw
- Stick Barnsley football club sticker onto a straw.
- Add another Barnsley football sticker to the back of the straw. Make sure to leave a space at the top so the straw can be used.
- To make a popping candy rim
- Rub a lime around the top of the glass. Add popping candy to plate and turn the glass upside down to rub the rim in the candy.