

## Pineapple and Lychee Smoothie

Native to parts of southern China, lychees have long been valued for their sweet flavour. The oval shaped lychee, with its reddish-brown skin, is a symbol of romance in Chinese culture.

Tart pineapple pairs nicely with the gentle sweetness of lychee in this recipe.

Equipment	Ingredients
Food processor	1 medium banana, peeled and sliced
Measuring cups	1 cup canned pineapple pieces
Can opener	1 cup canned lychees, gently squeezed to remove excess juice
Measuring spoons	$\frac{3}{4}$ cup non-fat yoghurt
Knives	$\frac{1}{4}$ cup reserved canned pineapple juice
Chopping board	1 teaspoon vanilla extract
Tray for freezing fruit	2-3 teaspoons honey
	Ice cubes, optional

### **How TO MAKE IT:**

- 1 Place the sliced banana, pineapple pieces, and canned lychees out on a baking sheet and freeze for 15 minutes.
- 2 Process the frozen fruit in a blender until smooth (process in batches if needed).
- 3 Add the yoghurt and pineapple juice, and process.
- 4 Add the vanilla extract, honey and ice cubes (if using) and process.
- 5 Serve immediately or chill until ready to serve.