

Recipe ideas

Here are some recipe formats which provide the structure for repetition. Components can be altered on a weekly basis to provide different sensory experiences. The authors take no responsibility for failed recipes!!

Smoothies

Basic recipe

1. 1 cup (250g) yoghurt
2. ½ cup (125g) milk
3. 2 scoops of vanilla ice cream

Method

1. Ensure people have the opportunity to touch, smell, look at, taste the ingredients
2. Ensure that everyone can participate by using adapted equipment or electrical equipment with switches.
3. Use a food processor to mix yoghurt, milk, ice cream and fruit.
4. If the smoothie is too thick add more milk as the consistency of the smoothie will depend on the fluid content of the fruit

Variations

Each session use two different ingredients so that people have something to choose between. Below are 10 options that you can choose between.

1. Banana
2. Watermelon
3. Passion fruit
4. Chocolate
5. Strawberry
6. Apricot
7. Banana & Date
8. Peach
9. Pear
10. Pineapple

An alternative way of presenting this activity is to do 3 – 4 weeks of one type of fruit e.g. banana, then 3 – 4 weeks of another fruit e.g. strawberry. After that, run 3 –4 session giving people the choice of banana or strawberry.