



# Fairtrade Recipes



# Fairtrade Fruit Salad





*You will need:*  
1 Fairtrade **mango**,  
1 Fairtrade **banana**,  
Fairtrade **grapes**,  
and a splash of  
Fairtrade **fruit juice**.



**1.** Cut the **grapes** in half and place them in a bowl.



2. Peel and chop the **banana** into slices and add it to the bowl.





**3.** Peel and chop the **mango** and add it to the bowl.



4. Finally add a splash of **fruit juice** to the bowl and stir.

**Yummy!**





# Scrummy Fairtrade Banana and Honey Smoothie

*You will need:*  
1 Fairtrade **banana**,  
a squeeze of Fairtrade **honey**,  
ice cold milk,  
and ice cubes.





**1.** Peel and chop the **banana**.



**2.** Put all the ingredients into a blender and **BLITZ!**



**3.** Pour into  
a tall glass  
and **enjoy.**





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For more delicious fairtrade recipes check out the

**Fairtrade Foundation website.**

**[www.fairtrade.org.uk](http://www.fairtrade.org.uk)**

**or make some of your own!**