

Dracula's blood shake : healthy eating : miscellaneous / Tesco.

Contributors

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To perform this trick you will need

- ★ 1 Banana
- ★ Paper and Pencil
- ★ A Large Needle

THE TRICK

Show the banana to your friends, then tell your friends you have written down numbers 1 to 10 onto pieces of paper. Fold the papers and ask a friend to open one revealing the number 4. You then ask another friend to ask the banana to count to the number and peel the skin. Abracadabra the banana is in 4 pieces!



THE MAGIC SECRET

Before your friends see the banana you slice the banana into 4 pieces with a needle. Ask a grown up to help you. Push the needle through the skin and wiggle it to make the cut without damaging the skin. Do this 3 times to give 4 pieces of banana. Then when you write your numbers down 1 to 10, WRITE 4 ON ALL 10 PIECES OF PAPER!



RECIPE
COLLECTION

from
TESCO

**DRACULA'S
BLOOD SHAKE**

**HEALTHY
EATING**

MISCELLANEOUS

TESCO

DRACULA'S BLOOD SHAKE

SERVES 4

INGREDIENTS

2 x 300g cans Raspberries
in Fruit Juice
3 x 15mlsp (3 tbsp)
Hi-Juice Blackcurrant
Squash, Low Sugar
Variety
150g pot Healthy
Eating Raspberry
Yogurt

METHOD

- 1 Place the raspberries in a food processor or blender and blend for 1 minute or until they are smooth. If you do not have either, place the raspberries in a sieve and push the fruit through with the back of a spoon into a bowl.
- 2 Add the blackcurrant squash and raspberry yogurt to the raspberries. Mix well until an even blood red colour. Serve chilled.

EQUIPMENT LIST

Food Processor,
Blender or Sieve
Mixing Bowl
Large Metal Spoon
Tablespoon

NUTRITION INFORMATION PER SERVING (SERVES 4)				
Energy	Fat	Protein	Carbohydrate	Fibre
89 Calories (kcal)	1g	3g	17g	4g

All lines subject to availability



Magic Banana



Show your friends
how a banana
can count!