

SUMMER MAGAZINE 2015



**powys people first**  
**pobl gyntaf powys**

SUMMER FUN PAGES 2015





## MIXED BERRY AND BANANA SMOOTHIE -

Serves 2

Preparation time: **10 minutes**

### What you need:

- 200g of frozen mixed berries
- 1 ripe banana
- 125g low-fat vanilla yoghurt
- 55ml orange juice
- 1 teaspoon of honey (optional)

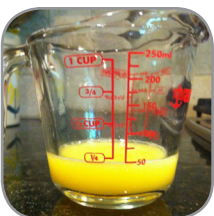
### WHAT TO DO:



- Peel and chop the banana and place in the blender.



- Weigh 200g of frozen mixed berries and place in the blender. Weigh 125g of low fat vanilla yoghurt and place in the blender.



- In a jug, measure 55ml of orange juice and pour into the blender.

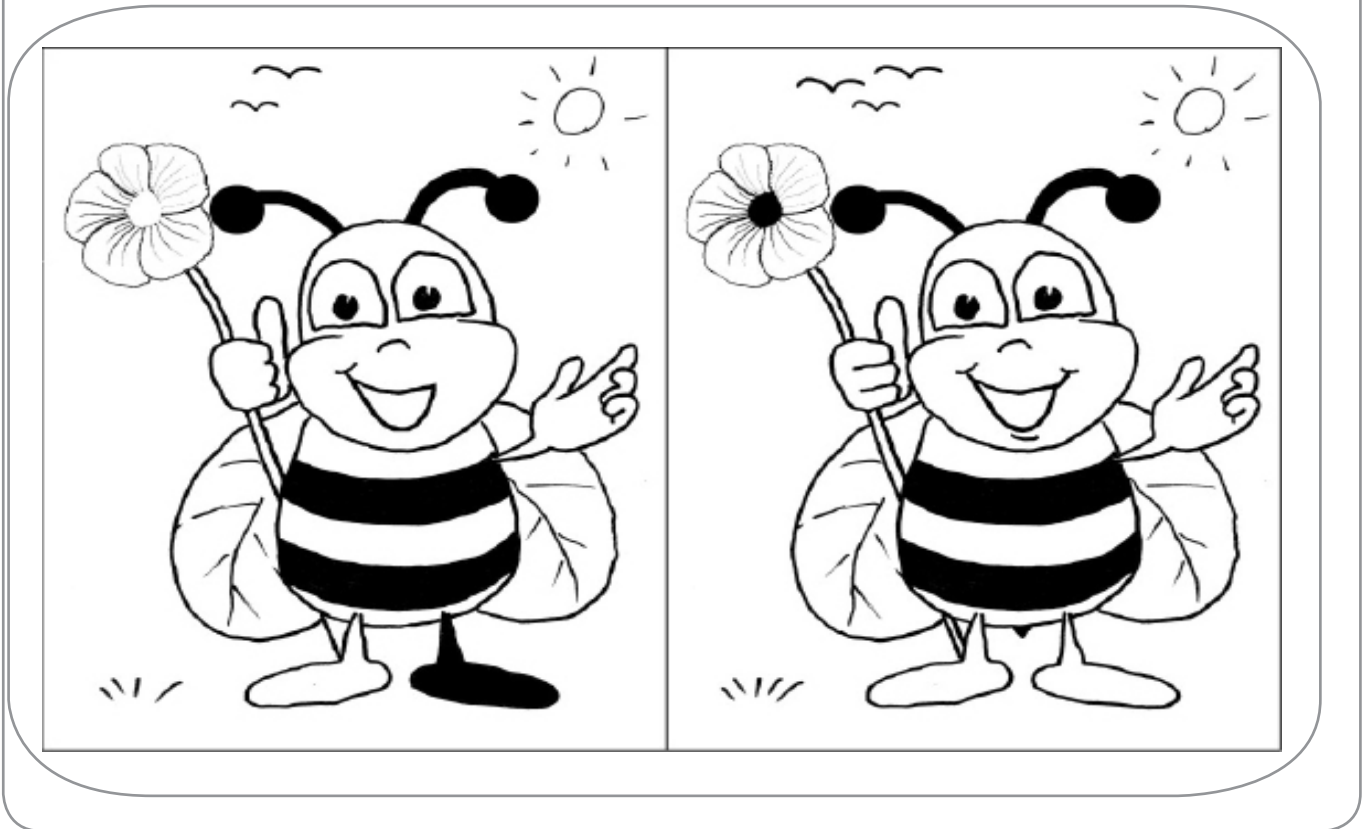


- Blend the fruit, yoghurt and juice until the mixture is smooth. Pour your smoothie into a glass, and enjoy!



- If you like you can add 1 teaspoon of honey to make your smoothie a bit sweeter. Blend the honey in before serving.

**SPOT THE DIFFERENCE - THERE ARE 9 TO FIND**



**A STRANGE DAY AT THE SEA-SIDE**

By Michelle Evans, Welshpool



I SAW A FISH WINKING AT ME  
SO I DECIDED TO JUMP IN THE SEA  
IN THE HOPE THAT HE WOULD FOLLOW ME!!



I TURNED AROUND AND SAW A JELLYFISH DOING A CARTWHEEL.....  
WHILE DRINKING A CUP OF TEA!

BUT STRANGER STILL, A JELLYFISH AND A DANCING STARFISH  
APPEARED  
BEFORE MY EYES.....NO WORD OF A LIE!!



### DROP IN TO SEE US!!

Why not join us at our next Drop Ins, meet new people and have fun.

Brecon - Tuesday 25th August 1-5 pm - Brecon Youth Centre, Cradoc Road.

Llandrindod - Monday 14th September 1-5 pm - CELF, Tremont Road.



### WE NEED YOU...

Thank you to everyone who sent in items for the newsletter. Sorry we couldn't use them all. We will try to use them in future issues.

#### Please send us your:

- news • articles • photos • drawings • jokes • puzzles • recipes • or anything else you would like to see in your newsletter.

**You can post them to the office or give to a member of staff.**