

Have a go at making your own blood using the smoothie ingredients below. Each ingredient represents a different component of blood.

Blood smoothie recipe

- 300g raspberries or strawberries (red blood cells)
- A few small white marshmallows (white blood cells)
- 1 teaspoon of sprinkles (platelets)
- 400ml pineapple juice (plasma)

Blend all the ingredients inside a blender to make your blood.