

FRUIT SMOOTHIE



Food Fact:-

Smoothies are a quick simple way to get the benefits of eating fruit; vitamins, minerals and fibre.

Also can provide calcium and energy.

Preparation time 5 mins

Cooking time 0 mins

Serves 3

**REAL FOOD
WORKS**

FRUIT SMOOTHIE

Ingredients

1. Place all the ingredients in a large jug or plastic container.
2. Using a hand blender puree the mixture until a smooth consistency is achieved.
3. Pour and enjoy.

250ml Fruit juice (apple, orange, grape)
250ml Low fat Soya Milk or Semi Skimmed milk
1 Banana
30ml (2 tbsp) Low fat yoghurt
100g (3 tbsp) fruit
e.g. strawberries, tinned peaches or pineapple (in own juice)

