



BERRY SMOOTHIE

Drink: This recipe provides a portion of fruit and counts towards the standard to provide one or more portions of fruit every day.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

500g mixed berries, frozen
100g banana, peeled
500g low fat natural yogurt

Method

1. Place the mixed berries and banana in a blender and roughly chop.
2. Add the yoghurt and blend until smooth.
3. Refrigerate before serving.

Serving suggestion: make close to serving time to avoid separation.



Number of portions this recipe makes:

12 primary servings (90g)
7 secondary servings (160g)



Prep: 5 minutes
Cook: None



Allergy information:
Milk



Top Tips

Vary the fruit to incorporate seasonal varieties.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Ensure at least 50% of desserts provided are based on fruit.