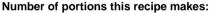
SCHOOL FOOD PLAN





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.

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

Method

- 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.

Ingredients

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



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.



Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/www



