Banana smoothie

**Preparation time:** 5 minutes  **Freezing:** suitable  **Makes:** 2

**Shopping list**
- milk
- plain yoghurt
- banana
- honey

**Equipment**
- measuring cup
- measuring spoon
- blender or hand held processor
- cups for serving

**Ingredients**
- 1 cup milk
- ½ cup plain yoghurt
- 1 ripe banana
- 1 teaspoon honey
- ½ cup ice cubes

**Steps**
1. Pour milk into a blender.
2. Peel banana and place into the blender.
3. Add plain yoghurt, honey and ice cubes.
5. Pour into cups.

**How to modify recipe**
Replace banana with other fruit such as:
- ½ cup canned apricots or peaches in natural juice
- mango
- strawberries
- frozen mixed berries

**Healthy eating messages**
- Water and milk are the best drinks for young children.
- Milk is an important drink for young children as it provides calcium for healthy bones and teeth, and other nutrients for growth and development.
- Fruit smoothies make a great snack and can be a good way of including more fruit and dairy into your child’s diet.
- While milk is an important drink, too much can lead to poor appetite and iron deficiency in young children.
- Use reduced fat milk for children older than 2 years.