COOKING DEMONSTRATION NOTES

**Banana smoothie**

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

**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.

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

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

**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.

*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

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au