

RECIPE

Banana smoothie

Ingredients

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

*Use reduced fat milk for children older than 2 years

Steps

- 1** Pour milk into a blender.
- 2** Peel banana and place into blender.
- 3** Add the plain yoghurt, honey and ice cubes.
- 4** Put the lid on the blender. Blend until thick and frothy.
- 5** Pour into cups and serve.

Hints & ideas

- Replace banana with ½ cup of canned apricots or peaches in natural juice.
- Try other fresh or frozen fruits including strawberries, mixed berries or mango.
- Place smoothie mixture in block molds and freeze for healthy ice block.



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



Health



RECIPE

Banana smoothie

Ingredients

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

*Use reduced fat milk for children older than 2 years

Steps

- 1** Pour milk into a blender.
- 2** Peel banana and place into blender.
- 3** Add the plain yoghurt, honey and ice cubes.
- 4** Put the lid on the blender. Blend until thick and frothy.
- 5** Pour into cups and serve.

Hints & ideas

- Replace banana with ½ cup of canned apricots or peaches in natural juice.
- Try other fresh or frozen fruits including strawberries, mixed berries or mango.
- Place smoothie mixture in block molds and freeze for healthy ice block.



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



Health