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.

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