

COOKING DEMONSTRATION NOTES

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.
- 4** Put lid on the blender. Blend until thick and frothy.
- 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.

