

Fresh for Kids®

Fresh fruit drinks

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Preparation: about 10 minutes

Serves: 2-3

Pineapple Ice Crush

1 ½ cups unsweetened pineapple & mango juice
½ medium pineapple, peeled and chopped
1 ½ cups crushed ice

Combine juice and pineapple in a blender. Blend until smooth. Add ice and blend until just combined (ice shouldn't be too fine). Pour into serving glasses and serve.

Summer Berry Smoothie

200g tub reduced fat berry yoghurt
2 cups reduced fat milk
250g strawberries, hulled
125g blueberries

Combine yoghurt, milk, strawberries and blueberries in a blender. Blend until smooth. Pour into serving glassed and serve.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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