

Fresh for Kids™ Fresh fruit smoothies



SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

Fresh for Kids™ Fresh fruit smoothies

Ingredients:

Super berry smoothie

125g strawberries, hulled
50g blueberries
2 cups reduced fat milk
2 tbs honey

Banana energiser smoothie

1 large ripe banana
2 cups reduced fat milk
½ cup reduced fat honey yoghurt
1 tbs wheat germ
1 egg

Health benefits:

Blueberries

- Excellent source of vitamin C
- Contains some carbohydrate

Strawberries

- Excellent source of folate
- High in vitamin C
- Low GI providing sustained energy

Bananas

- Excellent source of vitamins B6 and C
- Good source of potassium and carbohydrate

Method:

Super berry smoothie

Place strawberries, blueberries, milk and honey into a blender. Blend for 30 seconds or until smooth. Pour into serving glasses and serve.

Banana energiser smoothie

Place banana, milk, yoghurt, wheat germ and egg into a blender. Blend for 30 seconds or until smooth. Pour into serving glasses and serve.

Makes: 2 drinks per recipe

Visit www.freshforkids.com.au

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