BERRY SMOOTHIE

Drink: This recipe provides a portion of fruit and counts towards the standard to provide one or more portions of fruit every day.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

- 500g mixed berries, frozen
- 100g banana, peeled
- 500g low fat natural yogurt

Method

1. Place the mixed berries and banana in a blender and roughly chop.
2. Add the yoghurt and blend until smooth.
3. Refrigerate before serving.

Serving suggestion: make close to serving time to avoid separation.

Number of portions this recipe makes:
- 12 primary servings (90g)
- 7 secondary servings (160g)

Prep: 5 minutes
Cook: None

Allergy information:
Milk

Top Tips
Vary the fruit to incorporate seasonal varieties.

Government Buying Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Ensure at least 50% of desserts provided are based on fruit.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/