MIXED FRUIT SMOOTHIE

Breakfast or Mid-Morning Snack: this drink provides a portion of fruit.

Recipe adapted from: Children’s Food Trust Recipes for Success – After school club recipes and tips

Ingredients

- 140g fresh strawberries, hulled
- 60g fresh blueberries
- 200g bananas, peeled and cut into chunks
- 100ml orange juice
- 250g low-fat plain yoghurt

Method

1. Place all the ingredients in to a blender and blend until smooth.
2. Pour into glasses and serve.

Serving suggestion: with a snack such as breakfast cereal or with beans on toast

Number of portions this recipe makes:

- 6 primary servings (125g)
- 4 secondary servings (185g)

Prep: 10 minutes
Cook: 0 minutes

Allergy information:
Milk

Top Tips

Encourage children to design their own smoothie by letting them choose their favourite seasonal fruit.

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.

Include one portion of fruit in meal deals.

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/what].