

Berrylicious smoothie

Makes 2 small serves

Ingredients

- 1 banana
- ½ cup mixed berries, fresh or frozen
- 200g reduced fat vanilla yoghurt
- ⅓ cup reduced fat milk

Method

1. Peel and break banana into chunks.
2. Add ingredients to a blender.
3. Blend for 1 minute or until smooth.



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 265ml		
	Per serve	Per 100g
Kilojoules (kJ)	859	324
Protein (g)	9.0	3.4
Total fat (g)	1.4	0.5
- Saturated fat (g)	0.6	0.2
Carbohydrates (g)	36.6	13.8
- Sugars (g)	29.0	10.9
Fibre (g)	2.2	0.8
Sodium (mg)	83	31

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines