

Banana & Strawberry Smoothie

Sent in by Goodstart Merriwa and developed by Dairy Australia.

A deliciously creamy smoothie, incorporating fresh, cool milk with nutritious bananas and strawberries and fruity yoghurt. A refreshing treat for children.



Serves 10 children



10 minutes

INGREDIENTS

Reduced fat fruit yoghurt 1 L
 Reduced fat milk 1.25 L
 Bananas, medium, chopped 5
 Strawberries, chopped 5 cups

DIRECTIONS

1. Place ingredients in a blender and process until smooth.
2. Pour into glasses and serve.

Allergy Information

Contains: cow's milk protein

Childcare RDI Calculator:

Fat		0 %
Vegetables		0 %
Meat/Alt*		0 %
Cereals		0 %
Dairy	<div></div>	100 %
Fruit	<div></div>	100 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services