



Fruity Smoothie

Makes 6 Child Sized Portions

Preparation time: 15 minutes

Cooking time: 0 minutes

Common allergens: milk

Equipment List

- Blender
- Liquid measuring cup
- 1/3 cup measuring cup

Nutrition Information

Calories	98.6 calories
Total Fat	0.7 g
Saturated Fat	0.2 g
Sodium	19.1 mg
Carbohydrate	22.4 g
Fibre	1.6 g
Protein	2.5 g
Sugar	15.6 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Plain milk 1% (can be substituted with powdered milk, see Substitutions for Unavailable Ingredients list for portioning)	4 1/2 cups	1.25 L
Frozen 100% orange juice concentrate (optional, can be substituted with yogurt)	1/3 cup	80 mL
Bananas (fresh or frozen)	3	3
Strawberries (fresh or frozen)	12	12
Ice cubes (optional)	4	4
Water to thin as desired		

Instructions

1. If using fresh, wash the strawberries and take out the stem.
2. Peel the banana and chop into chunks.
3. Add all of the ingredients into blender.
4. Cover and blend on high speed until smooth. Add water to thin, as desired.
5. Pour into cup.
6. Enjoy.

Suggestions: Add 1/2 cup of yogurt or soft tofu to the fruit shake.



Recipe taken from Kids in the Kitchen