

RECIPES – SNACK

FRUIT SMOOTHIE

3 LEVEL 3/LIQUIDISED

Ingredients:

½ banana cut into pieces

75g blueberries or strawberries

2 dessert spoons live vanilla yoghurt

450ml semi-skimmed milk

Juice of 1 orange (ensure no pips)

1 teaspoon of honey



Instructions:

1. Place the ingredients into a blender and blend for approximately 2 minutes until smooth
2. Pass through a fine sieve to ensure there are no pips or seeds
3. Check the consistency meets the food descriptors table for Level 3/Liquidised on page 13