



Fruit smoothies

GREEN (ACT & SA) / Everyday (NSW)

Makes 6 cups; berry, mango, banana, dairy free, kiwi fruit and veggie

Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

Method:

1. Place all ingredients in blender.
2. Whizz until all ingredients are combined.
3. Divide into cups and pop into the fridge until ready to serve.

Variations:

- **Berry smoothie:** 2 cups of mixed fresh or frozen berries.
- **Mango smoothie:** 2 cups of fresh or frozen mango.
- **Banana smoothie:** 2 cups of soft, sliced banana (bananas can be peeled, chopped and frozen in zip lock bags ahead of time).
- **Dairy free smoothie:** substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu.
- **Kiwi fruit smoothie:** 5 peeled and diced kiwi fruit.
- **Veggie smoothie:** substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- This recipe can be multiplied for larger batches.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.

Recipe tested by EG October 2016

Nutrition information:

Berry smoothie	Per serve (179g)	Per 100g
Energy (kJ)	380	212
Protein (g)	6.1	3.4
Fat – total (g)	2.0	1.1
Fat – saturated (g)	1.2	0.7
Carbohydrates – total (g)	10.6	5.9
Carbohydrates – sugar (g)	10.5	5.9
Sodium (mg)	73	41

Mango smoothie	Per serve (180g)	Per 100g
Energy (kJ)	447	248
Protein (g)	6.2	3.4
Fat – total (g)	2.0	1.1
Fat – saturated (g)	1.2	0.7
Carbohydrates – total (g)	14.5	8.0
Carbohydrates – sugar (g)	14.3	7.9
Sodium (mg)	72	40

Banana smoothie	Per serve (180g)	Per 100g
Energy (kJ)	524	291
Protein (g)	6.5	3.6
Fat – total (g)	2.0	1.1
Fat – saturated (g)	1.2	0.7
Carbohydrates – total (g)	18.5	10.3
Carbohydrates – sugar (g)	15.1	8.4
Sodium (mg)	72	40

Dairy free smoothie (banana)	Per serve (180g)	Per 100g
Energy (kJ)	501	278
Protein (g)	4.7	2.6
Fat – total (g)	1.2	0.7
Fat – saturated (g)	0.1	0.1
Carbohydrates – total (g)	20.6	11.5
Carbohydrates – sugar (g)	11.9	6.6
Sodium (mg)	72	40

Kiwi fruit smoothie	Per serve (192.5g)	Per 100g
Energy (kJ)	434	225
Protein (g)	6.8	3.5
Fat – total (g)	1.3	0.7
Fat – saturated (g)	0.8	0.4
Carbohydrates – total (g)	13.4	7.0
Carbohydrates – sugar (g)	13.4	7.0
Sodium (mg)	71	37

Veggie smoothie	Per serve (180g)	Per 100g
Energy (kJ)	442	256
Protein (g)	6.7	3.9
Fat – total (g)	1.3	0.8
Fat – saturated (g)	0.8	0.5
Carbohydrates – total (g)	15.2	8.8
Carbohydrates – sugar (g)	12.5	7.3
Sodium (mg)	72	42