



Fruit Smoothie

Makes: 20 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	milk	1.5 L
2 cups	fruit, fresh or frozen (e.g. frozen mixed berries, mangoes, strawberries)	500 mL
2 cups	bananas (approx. 4)	500 mL
2 tbsp	honey, maple syrup, or sugar	30 mL
Optional:	replace 1 cup (250 mL) milk with 1 cup (250 mL) yogurt, plain OR replace 1 cup (250 mL) milk with 1 cup (250 mL) silken tofu	

Instructions

1. Purée ingredients using an immersion blender or in batches in a food processor.
2. Pour into serving jugs.
3. Refrigerate or serve immediately.

Note: If using clear plastic serving jugs it is best to have a set reserved for smoothies otherwise the plastic gets stained after regular use.

Nutrition Information	
Serving 125 mL (½ cup)	
Calories	130
Fat	1.5 g
	Saturated 1 g
	+ Trans 0 g
Sodium	35 mg
Carbohydrates	17 g
	Fibre 1 g
	Sugars 8 g
Protein	3 g
Calcium	110 mg
Iron	0 mg

Food Guide Servings
½ Vegetable & Fruit
½ Milk & Alternative