

Fresh for Kids®

Iced summer fruit drinks



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Preparation: about 5 minutes + freezing time

Serves: 4 per recipe

Peel bananas, chop and wrap in a plastic wrap to freeze so they're ready to blend in this lovely icy smoothie.

Iced Banana & Chocolate Smoothie

2 cups reduced fat milk
200g tub reduced fat natural yoghurt
1 large frozen chopped banana
2 tbs drinking chocolate (or use Milo or Ovaltine)

Combine milk, yoghurt, banana and chocolate in a blender. Blend until thick and smooth. Pour into serving glasses and serve.

Strawberry & Pineapple Slushie

2 cups tropical fruit juice
½ small pineapple, peeled and chopped
200g strawberries, hulled
2 cups crushed ice

Combine juice and pineapple in a blender. Blend until smooth. Add strawberries and blend for 10 seconds. Add ice and blend until just combined. Pour into serving glasses and serve.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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