

SNACK

BERRY SMOOTHIE



SHOPPING LIST:

- 200ml of milk
- 100g of frozen berries
- 1 banana

COSTINGS: *37p per serving

NUTRITIONAL INFORMATION:

Calories: 140 |
 Carbohydrates: 24.6g |
 Protein: 5g | Fat: 2g |
 Saturated Fat: 1.1g | Salt:
 0g | Fibre: 1.8g | Sugar:
 22.9g

Smoothies provide a balance of carbohydrates, protein and fats to help sustain them. Adapted them by adding your favourite fruits! Bananas are a potassium-rich fruit, loaded with essential vitamins and nutrients. The berries are loaded with antioxidants, fibre and vitamins. Milk is an excellent source of vitamins and minerals, potassium, B12, calcium and vitamin D. It is also a good source of vitamin A, magnesium, zinc and thiamine (B1).

Preparation time:	Cook time:	Servings:
10 mins	0 mins	2

DIRECTIONS:

<p>1. Gather all ingredients</p>		<p>2. Peel the banana and break into small chunks, then place all ingredients into a blender</p>	
<p>3. Blend until completely smooth</p>		<p>4. Serve in a glass and enjoy!</p>	

*Average supermarket pricing as of March 2021

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