

Chocolate pudding fruit smoothy

- Feeds 1



Equipment



Ingredients



½ cup chocolate pudding fruit (black sapote)



½ teaspoon of honey



¼ cups of milk

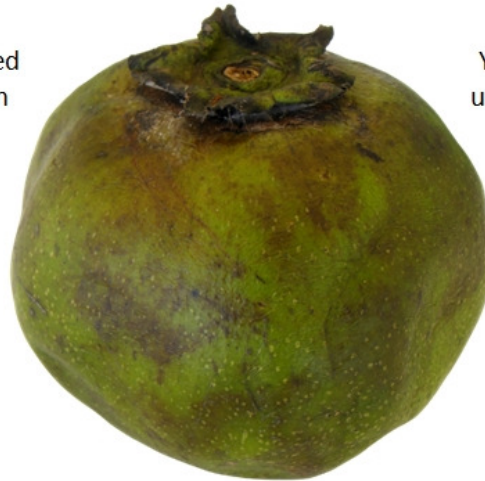


½ cups of milk

Preparation



The fruit is picked when it is green and firm



You must wait until the fruit is quite soft



Cut into two



Scoop out the pulp



1 Place ½ cup chocolate pudding fruit in a bowl



2 Add ½ teaspoon of honey



3 Mix into a paste



4 Add ¼ cup of milk



5 Mix



6 Add ½ cup of milk and mix



7 Pour into a cup

Good food plate



Serves in 1 cup of fruit smoothy



½ serve of fruit



¾ serve of light milk

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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