

# Dragonfruit smoothy – Feeds 1



## Equipment



## Ingredients

½ cup sliced dragon fruit



½ teaspoon of honey



¼ cups of milk



½ cups of milk

## Preparation



Chop the dragon fruit into quarters



Peel off the skin



Chop the peeled fruit into smaller pieces





1 Place ½ cup of dragon fruit in a bowl



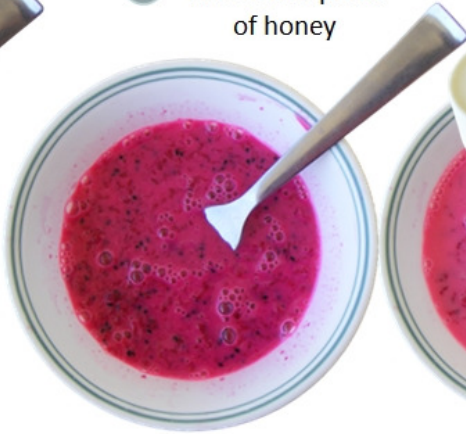
2 Add ½ teaspoon of honey



3 mix



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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