

Fruit smoothy – Feeds 1



Ingredients



½ cup sliced banana



½ teaspoon of honey



¾ cups of milk

Equipment



Preparation



1 Mash banana in a bowl



2 Add ½ teaspoon of honey



3 Add ¾ cup of milk



4 Mix



5 Serve in a cup

Fruit choices



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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