

Just Peachy Smoothie

This fresh and tasty peach smoothie makes a great summery drink.



Milk and soya*

Nutritional information per portion (220g):

Energy 487kJ 114kcal 6%	Fat 2.5g 4%	Saturates 1.6g 8%	Sugars 17g 19%	Salt 0.21g 4%
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of an adult's reference intake.

Typical values per 100g: energy 221kJ/52kcal.

Equipment

Colander
Chopping board
Sharp knife
Spoon
Measuring jug
Blender
or smoothie maker
Cups to serve

Ingredients

Serves 2
1 ripe peach
125g (1 small pot)
peach yoghurt
200ml milk OR soya milk

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Cut the peach in half, carefully cutting around the stone. Gently twist each half in opposite directions and pull apart.
2. Scoop out the stone using either the spoon or your fingers. Don't worry if you squash the peach a little as it's going to be blended.
3. Peel off the skin and chop into 6-8 pieces.
4. Add the milk, yoghurt and chopped peach into the blender or smoothie maker and put the lid on securely.
5. Blend for about 10 seconds or until smooth.
6. Pour into the cups to serve.



Top Tips

- Use a juicy ripe peach for the best flavour.
- Smoothies can be high in sugar because of the fruit in them, so if serving to young children dilute them half smoothie and half water. Smoothies are also best drunk with meals, rather than between meals, to reduce the risk of tooth decay.

Skills used include:

Measuring, peeling, chopping, blending and serving.

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