

Breakfast Smoothie

Try this delicious smoothie to set you up for the day. You can still eat your favourite fruits when they're not in season - just buy them ready frozen.



Almonds, barley (gluten), hazelnuts, milk, oats (gluten) and wheat (gluten)*

Nutritional information per portion (133g):

Energy 301kJ 71kcal 4%	Fat 1.2g 2%	Saturates 0.7g 3%	Sugars 12g 13%	Salt 0.1g 2%
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of an adult's reference intake.
Typical values per 100g: energy 226kJ/53kcal.

Equipment

Weighing scales
Colander
Sharp knife
Chopping board
Measuring jug
Measuring spoons
Blender
Tall glasses x 2
Drinking straws

Ingredients

Serves 4

75g blackberries OR other berries of your choice (fresh or frozen)
1 medium banana, ripe
150ml semi-skimmed milk
150g or a small pot low-fat unsweetened natural yoghurt
1 x 5ml spoon honey (optional)
50g unsweetened muesli (optional)

*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.



Top Tips

- Using frozen berries will slightly chill the smoothie.
- 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.

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Method

1. Wash the berries in the colander (if using fresh).
2. Peel the banana and chop into pieces.
3. Put the milk, yoghurt, honey, fruit and unsweetened muesli (if using) into the blender.
4. Blend for 30–40 seconds or until all the ingredients are smooth.
5. Pour into 2 tall glasses or into a flask, if you are drinking this 'on-the-go'.

Something to try next time

- Muesli makes the smoothie quite crunchy, so if you want a smooth 'smoothie' leave it out, or sprinkle the muesli on top.
- Try making this with a variety of different berries.
- Leave out the honey if you use sweetened muesli.
- Try replacing the muesli with the same weight of porridge oats.

Prepare now, eat later

- All the ingredients can be weighed out ready to make the smoothie, but for best results blend just before you are ready to serve.
- Any leftover smoothie could be covered and stored in the fridge for 1–2 hours. Stir well before serving. Alternatively, freeze in ice-lolly moulds.

Skills used include:

Weighing, measuring, chopping, blending and serving.