

STRAWBERRY SMOOTHIE



Why not try adding some wholegrain cereal or oats to your smoothie for some extra fibre?

This smoothie has a thick texture, so just add more milk if you prefer more liquid.



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use a jug to measure liquids; tidy away.

Equipment: Knife, chopping board, jug, blender.

Ingredients (serves 4):

- 100g porridge oats
- 450 ml low fat yoghurt
- 240 ml semi skimmed milk
- 400g hulled and washed strawberries
- 1 banana

Method

1. Place the porridge oats in a blender and process until they are finely ground - this step is essential so that your smoothie has a fine texture.
2. Peel the banana and chop into small pieces.
3. Wash and remove the green tops from the strawberries.
4. Put all ingredients into a jug and blend.
5. Pour into four glasses, serve with a straw and enjoy!



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about a strawberry smoothie ...

Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

Strawberries are an excellent source of vitamin C and some important minerals. They are low in calories, high in fibre and contain cancer-fighting compounds called bioflavonoids.

Milk and yoghurt are excellent sources of calcium, and good sources of Vitamin D for strong teeth and bones. They are also good sources of protein.



Energy, sugar, fat and salt per serving

Per 333g serving

ENERGY	1059KJ / 251kcal	1%
FAT	4.4g	6%
SATURATES	1.9g	10%
SUGARS	21.7g	24%
SALT	0.3g	5%

% of an adult's reference intake

Typical values per 100g : Energy 318KJ / 75kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage