

# Fresh fruit smoothies



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## Papaya & banana smoothie

**Preparation:** about 10 minutes  
**Serves:** 2

- ½ small papaya (about 350g), peeled, deseeded and chopped
- 1 banana, peeled and halved
- 1½ cups reduced fat milk
- 200g tub reduced fat honey yoghurt

1. Place all ingredients in a blender and blend until smooth.
2. Pour into serving glasses and serve.

## Strawberry and banana smoothie

**Preparation:** about 10 minutes  
**Serves:** 2

- 250g strawberries, hulled
- 1 banana, peeled and halved
- 200g reduced fat berry yoghurt
- 1 ½ cups reduced fat milk

1. Place all ingredients in a blender and blend until smooth.
2. Pour into serving glasses and serve.



### Banana

- An excellent source of vitamins B6 and C.
- One banana provides almost 30 per cent of your daily vitamin C requirements.
- Good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.