

SPAR 

BETTER CHOICES kids

FREE RECIPE
TO TAKE HOME



Fruit Smoothie

**SERVES: 1****PREPARATION TIME:** 5 minutes**BLENDING TIME:** 1 minute**INGREDIENT VARIATIONS:****BANANA, PEANUT BUTTER & OAT:**

Slice 1 banana

2 tablespoons smooth peanut butter

1 tablespoon oat bran

125g low fat plain yoghurt

Add 2 tablespoons water if smoothie is too thick

MIXED BERRY SMOOTHIE:

90g mixed berries (frozen or fresh)

125g low fat plain yoghurt

1 teaspoon honey

1 tablespoon oat bran

MANGO SMOOTHIE:

1 fresh mango, diced or 80g frozen mango chunks

60g low fat plain yoghurt

60ml coconut milk

1 tablespoon oat bran

METHOD:

1. Mix all ingredients into blender cup, and blend for 1 minute.
2. Serve in a glass or travel mug.

TIP!

The mineral Calcium in dairy products helps you grow strong bones.

**ENJOY!**