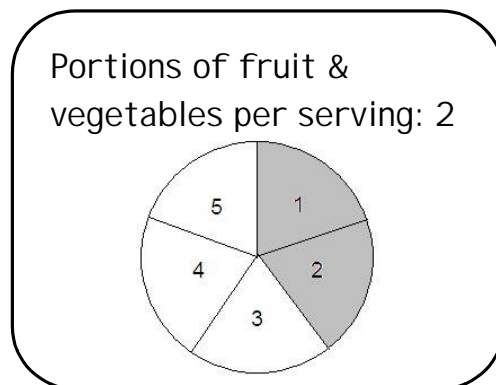


# Banana & Strawberry Smoothie

Serves 1



Ingredients	Amount	Preparation
apple juice	150ml (5fl oz)	
strawberries	6 medium	washed and cut in half
banana	1 medium	chopped
ice cubes	4	

**Please Turn Over**



## Method

- 1 Put all the ingredients in a blender or bowl if using a hand blender, keeping aside one strawberry.
- 2 Blend for a few seconds on high speed until smooth and well mixed.
- 3 Pour into a large glass and decorate with the strawberry.
- 4 Serve immediately.

171 Calories		Per serving
<b>Fat</b>	LOW	0.5g
<b>Saturates</b>	LOW	0.1g
<b>Sugars*</b>	HIGH	40.1g
<b>Salt</b>	LOW	0g

■ HIGH  
 ■ MEDIUM  
 ■ LOW

\* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

## Handy Hints

- Try using frozen strawberries and miss out the ice cubes.
- Frozen strawberries are cheaper out of season and will still count towards your 5 a day.

