



**SCHOOL  
FOOD**  
matters

## Berry smoothie

Green Rated Recipe

*This recipe makes serve sizes suitable for primary school aged children.*

### Equipment

Scales	Chopping board
Kitchen knife	Measuring cups/jug
Blender	Glasses or cups

### Ingredients

10 serves	25 serves	50 serves
200 g any berries (fresh or frozen)	500 g	1 kg
2 overripe bananas (fresh or frozen),	4	8
2.5 litres reduced fat milk	6 litres	12 litres
$\frac{3}{4}$ cup reduced fat vanilla yoghurt	2 cups	4 cups

### Method

1. Working in batches, place the ingredients into a blender and blend until smooth.
2. Pour the smoothie mixture into glasses or cups and serve.

For a **dairy free version** replace the milk and yoghurt with soy, oat, or almond milk alternatives.

