

Five Fruit Smoothies



Strawberry

1 banana chopped
500g (1lb) of strawberries hulled
900 ml (1 ½ pints) ice cold semi skimmed milk

Peach Melba

1 banana
2 peaches stoned
250g (8oz) strawberries hulled
900 ml (1 ½ pints) ice cold semi skimmed milk

Tropical

500g (1lb) frozen tropical fruit almost de-frosted
600ml (1 pint) ice cold unsweetened pineapple juice

Banana and pear

1 tin of peaches
1 banana
Cup of apple juice
2-3 spoons natural yoghurt

Banana and peach smoothies

1 tin of peaches
1 banana
Cup of apple juice
2-3 spoons natural yoghurt



Method

1. Wash fruits except for frozen fruits.
2. Place ingredients in blender or hand blender & blend until smooth.

Serve cold.

Why not experiment and make your own smoothies?

OR

Make your own ice lollies divide the mixture between ice lolly formers and freeze. Great for a hot summer day.



The little lunch box

Top Tips to get kids eating fruit and vegetables

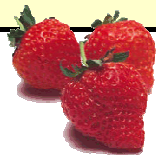


5 A Day
Eat a Variety of Colorful Fruits and Vegetables Every Day



Tops Tips

- 1 Buy fruit in season, it tastes sweeter. Hard, bitter or sour fruit may put children off trying it again
- 2 Eat a rainbow—get children to make a chart of all the colours they can eat in fruit and vegetables.
- 3 Prepare a plate of chopped up fruit in a variety of colours it looks appealing and easier for little fingers.
- 4 Let the children chop fruit and make fruit kebabs.
- 5 When shopping with the children let them choose a new fruit or vegetable they haven't had before and take it home to try it give it marks out of 10.
- 6 Add fresh fruit to natural yoghurt, there is no added sugar and it has more flavour.
- 7 Add pureed fruit to rice puddings, pancakes and muffins for a special dessert. And add fresh fruit to jellies



8 Let children experiment with flavours by combining different fruits to make smoothies.

9 Encourage children to grow some fruit and vegetables such as strawberries, cherry tomatoes, runner beans, you can grow them in pots near to the house.

10 Get children out in the fresh air with a visit to a 'pick your own' fruit and vegetable farm.

11 Try mashing vegetables into potatoes such as parsnips, swede and carrots

12 Add lots of different vegetables to casseroles and stews cut them up really small.

13 Get children making vegetable soups using different vegetables liquidise them in a food processor or blender.

14 Add a tub of vegetable sticks to your child's lunch box with a small dip such as hummus

15 Try roasting vegetables such as parsnips, carrots, beetroot and sweet peppers add herbs such as rosemary for a different flavour.



Recipe

Vegetable soup
Makes 10 portions



Ingredients

2 ½ lbs of mixed vegetables (onion, carrot, turnip, leek celery, swede), chopped
4 pints of vegetable stock
12oz potatoes, thinly sliced
2 teaspoons of dried mixed herbs
Salt and pepper

Method

1. Put the chopped vegetables into a pan with the stock, stir and bring to the boil.
2. Add the sliced potatoes, and herbs, season to taste.
3. Puree the soup using a blender or liquidiser.
4. Reheat and serve.

Why not get the kids helping?