

# Banana smoothie

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 4 (approximately 300mL)

## Ingredients

- 3 medium bananas
- 125mL reduced fat plain milk
- 2½ cups reduced fat natural yogurt
- 8 tablespoons honey

## Method

1. Place all ingredients into a large blender and blend until smooth and creamy
2. Pour into cups and serve.

## Size matters

- made with reduced fat milk
  - 375mL or less = **green**
  - more than 375mL = **amber**
- made with full fat milk
  - 375ml or less = **amber**
  - more than 375mL = **red**

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	799kJ	277kJ
Protein	10.6g	3.6g
Total fat	3.4g	1.1g
Saturated fat	2.3g	0.8g
Carbohydrate	27.8g	9.6g
Sugars	25.3g	8.8g
Dietary fibre	2.3g	0.8g
Sodium	118mg	41mg

Smoothies are so versatile!  
Mix it up with delicious combinations of seasonal fresh fruit or frozen fruit.



Supporting healthy choices

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