

Offering children healthy and nutritious drinks can be easy. Here are some great recipes for you to try out!

### **EASY MANGO BANANA SMOOTHIE**

#### ***Ingredients***

#### ***Recipe makes 8***

2 mangos, peeled, seeded and sliced  
2 bananas  
2 cups low fat vanilla yoghurt  
2 cups low fat milk

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#### ***Method***

- Combine all ingredients in a blender. Blend until smooth.
  - Serve straight away in a large cup
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#### ***Variations***

- Substitute frozen or canned mango or try other tropical fruits.
- Use soy products for lactose free alternative

<http://allrecipes.com/Recipe/Easy-Mango-Banana-Smoothie/Detail.aspx?evt19=1> accessed 19 June, 2014

### **SUNSHINE SMOOTHIE**

#### ***Ingredients***

#### ***Recipe makes 4 cups***

½ cup chopped peeled mango  
1 ½ cups chopped peeled apricots (about 4 small)  
2/3 cup chopped peeled nectarine (about 1 medium)  
1 cup chopped rockmelon  
¼ cup mango nectar  
1/8 teaspoon grated lemon rind  
1 ½ cups low-fat yogurt  
1 cup ice cubes



#### ***Method***

- Place the sliced mango in a zip lock bag, seal and place in the freezer for an hour or so.
  - Put all other ingredients (except ice) in a blender and process until smooth.
  - Add the frozen mango and ice cubes and process again until combined. Serve in a chilled cup with a straw.
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<http://www.myrecipes.com/recipe/sunshine-smoothie-50400000109310/> accessed 19 June, 2014