

*Jamie's*

# MINISTRY OF FOOD AUSTRALIA

## FROZEN FRUIT SMOOTHIES



Smoothies are not only deliciously tasty but they're also perfect to have for breakfast, as they're full of goodness. Adding oats and nuts to them is great, because it helps slow down the absorption of the sugar from the fruit into your bloodstream, which gives you more energy for longer. The great thing about frozen fruit is that it's been picked at its best, at the right time, and hasn't been forced to grow out of season, like so much of the 'fresh' fruit on offer to us these days. It's also cheaper and far more convenient – it will keep happily in your freezer for months on end, so any time you fancy a smoothie, you can have one!

### Makes 2 glasses

#### Ingredients

- 1 ripe banana
- 1 cup frozen fruit of your choice: mango, blackcurrants, or strawberries
- 2 heaped tablespoons natural yogurt
- 1 small handful of oats
- 1 small handful of mixed nuts
- 1 glass of soya milk, skimmed milk or apple juice
- optional: runny honey, to taste

#### Equipment list

- Knife
- Cutting board
- Blender
- Measuring spoons
- Measuring cups
- Liquid measuring cup

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1. Peel and slice your banana and put it into a blender with your frozen fruit and the yogurt. Whiz it up and add the oats and nuts. Add the soy milk, or apple juice and then and whiz again, until nice and smooth.

2. If it's a bit too thick for you, just add a splash more milk or juice and whiz around again. Give it a good stir, then have a taste. Rarely with a frozen fruit smoothie should you need to sweeten it, but if you think it needs a bit of extra sweetness you can add a little honey to taste – you won't need much.

Adapted from Jamie's Ministry of Food



## JAMIE'S TIPS

- These smoothies are best made in a blender, as opposed to a food processor, as this will give your smoothies a lovely silky texture.
- Feel free to use any fruit you like, either one type or a mixture. Raspberries are really tasty and you can use them here, but I tend to stay away from them because of the seeds.

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