

Blender Bike

Smoothie Ideas

Smoothies are a great way to increase your fruit and vegetable intake and are fun to make.

Top tips

- Smoothies can be a great way to increase your vegetable intake. Simply add some spinach, zucchini or avocado to make your smoothie more nutritious.
- Keep the skin on fruit to increase the fibre content and help you feel full for longer.
- Be mindful of portion control of fruit with your smoothies. Try to aim for one serve of fruit in your smoothie. One serve of fruit is:
 - one medium apple
 - one medium banana
 - two small pieces of fruit, such as two small apricots.

Green Smoothie

- 1 cup frozen mixed berries
- 1 cup spinach
- ½ to 1 cup milk of your choice

Breakfast Smoothie

- 2 cups low-fat milk
- ½ cup low fat natural yoghurt
- 1 banana
- 2 tablespoons rolled oats

Tip: Add a handful of spinach to sneak in extra vegetables.

Banana Mango

- 400ml water
- 1 banana
- ½ cup spinach
- 1 cup frozen mango
- 2 tsp chia seeds (optional)

Tip: Try using coconut water to add more flavour.

For more information see: **Liv lighter:** livelighter.com.au

The Australian Dietary Guidelines: eatforhealth.gov.au/guidelines/australian-guide-healthy-eating



rockingham.wa.gov.au

