



## SUNRISE SURPRISE

Sunshine in a glass - ripe yellow fruits blended with carrot & freshly squeezed orange juice. Packed with vitamin A - go on, glow!

Any ripe fresh, frozen or tinned yellow fruits (in juice, not syrup) can be used; try mango, apricots, peaches or nectarines.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tide away; chop using the bridge/claw safely; use a vegetable peeler safely use a box grater safely; use a jug to measure liquids.

**Equipment:** Knife, chopping board, vegetable peeler, box grater, jug, blender.

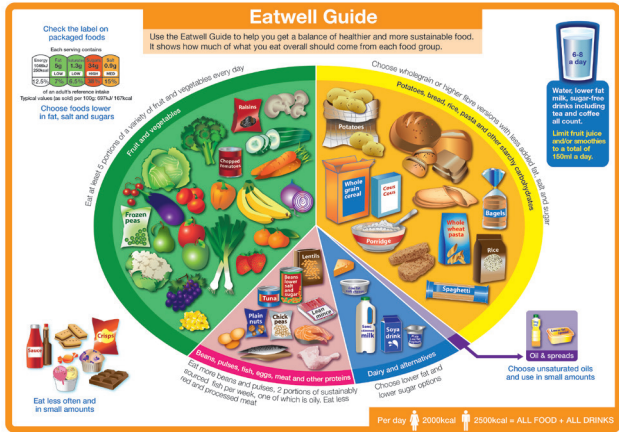
**Allergens:** none

### Ingredients (serves 2):

- 100 ml orange juice (or juice of 2 oranges)
- 1/2 ripe mango, or other yellow fruit, peeled and chopped into chunks
- 1 medium carrot, peeled and grated
- 1/2 tsp ground ginger

### Method

1. Pour the orange juice into the measuring jug.
2. Add the chunks of fruit, the grated carrot and the ground ginger.
3. Blend with a hand-held blender and divide between glasses. Serve immediately.



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

## So, thinking about a Sunrise Surprise ...

**Fruit** is naturally high in fibre, low in calories and provides many vitamins and minerals.

**Fruit juice** counts as one of your 5 a-day; but just 150ml. Crushing fruit and vegetables into juice and smoothies releases the sugars contained in the fruit and vegetables, which can cause damage to teeth.

**Carrots** are really, really good for us. Their orange colour is due to their carotenoid content (beta carotene/Vitamin A), which is thought to help protect against heart disease. Carrots are also a good source fibre and other minerals.



### Energy, sugar, fat and salt per serving

Per 146g serving

**ENERGY**  
314KJ / 74kcal

**LOW**

**FAT**  
0.3g

0%

**LOW**

**SATURATES**  
0.1g

**MED**

**SUGARS**  
14.4g

**LOW**

**SALT**  
0.03g

0%

% of an adult's reference intake

Typical values per 100g : Energy 215kJ / 51kcal

## Notes

**A traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage