



PHUNKY KALE SMOOTHIE

It's G-G-G-G-Green! This delicious smoothie is such a beautiful colour, and the perfect way to get kids eating, or should I say drinking, vegetables!



Skills Check: Follow a recipe; follow food safety and hygiene rules; tidy away; cut using the bridge/claw technique safely; use a citrus squeezer; use a blender (with adult supervision).

Equipment: Jug, hand blender, chopping board, knife, citrus squeezer.

Allergens*:

Ingredients (Serves 2):

- 2 handfuls kale (washed and stems removed)
- 1/2 avocado
- Lime juice, 1/2 fresh lime
- Large handful frozen pineapple chunks
- Water, added to loosen to desired consistency

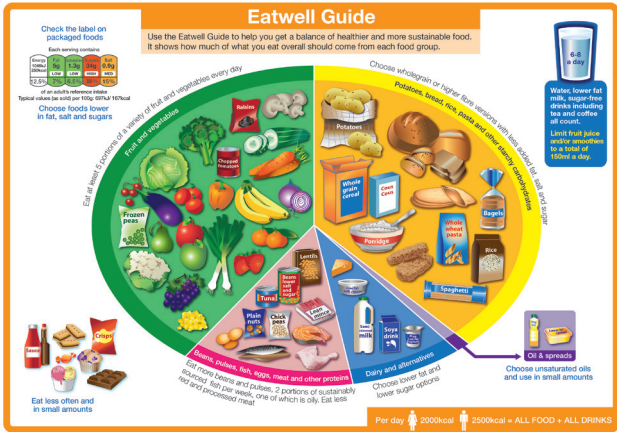
Method

1. Add all prepared ingredients to the jug/blender and blend for 30 seconds.
2. Add water to loosen and blend again.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

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Nutrition Information



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 Phunky Kale Smoothies ...

Fruit and Vegetables are high in a variety of vitamins, minerals and fibre, and packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.



Energy, sugar, fat and salt per serving

Per 208g serving

ENERGY	392kJ / 94kcal	5%
MED	FAT 6.6g	9%
LOW	SATURATES 1.5g	8%
LOW	SUGARS 4.5g	5%
LOW	SALT 0.03g	1%

% of an adult's reference intake

Typical values per 100g : Energy 188kJ /45kcal

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