



## Orange, Mango & Banana Smoothie

This delicious recipe can be tweaked to include different juices, or Coconut water to add even more tropical flavour to the mix!

You can adapt the thickness of this smoothie by adding a little more liquid (juice or water) if you prefer a thinner texture.



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

**Equipment:** Knife, chopping board, jug, blender.

### Ingredients (serves 6):

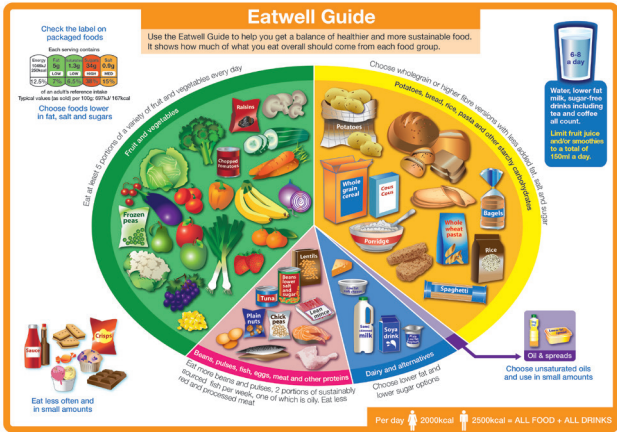
- 1 mango, fresh (or approx. 230g frozen)
- 1 banana
- 300ml pure orange juice

### Method

1. Prepare the mango by removing the skin and stone. Chop in to small pieces
2. Peel the banana and chop into small pieces.
3. Put all ingredients into a jug and blend until smooth.
4. Pour into glasses, serve with a straw and enjoy!



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

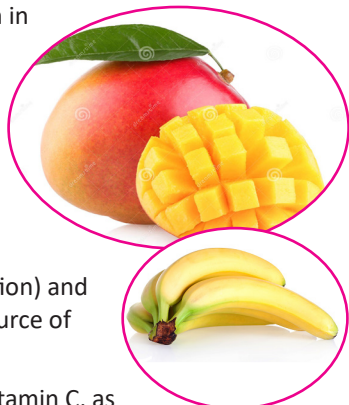
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, 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 tropical smoothie ...

**Mango** is low in calories yet high in nutrients — particularly vitamin C, which aids immunity, iron absorption, and cell growth and repair.

**Bananas** are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre.

**Orange Juice** contains a lot of Vitamin C, as well as folic acid. However we should limit to 150ml each day (one portion), as even unsweetened fresh fruit juice contains sugar and can cause damage to your teeth in excess.



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

Per 100ml serving

<b>ENERGY</b>	230kJ / 54kcal	3%
<b>FAT</b>	0g	0%
<b>SATURATES</b>	0g	0%
<b>SUGARS</b>	11g	12%
<b>SALT</b>	0g	0%

% of an adult's reference intake  
Typical values per 100ml: Energy 230kJ / 54kcal

### 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