

**Recipe:** Tropical Sunrise *Whizz up this fruity mix containing green apple, carrot and tomato.*

Drink

Preparation time: 15 minutes

Serves: 4 pax

Serves 2 adults (300 ml each) and 2 children (200 ml each)

#### Ingredients

- 300 g of green apple, thoroughly washed
- 120 g of carrot, thoroughly washed
- 60 g of tomato, thoroughly washed
- 450 ml of low fat milk\*
- 300 g of ice cubes



\* Choose products with the Healthier Choice Symbol

#### Methods

1. Remove the skin of green apples and carrots.
2. Core the apples and cut the apples and carrots into small pieces.
3. Cut the tomatoes into small pieces and remove the seeds.
4. Put cut fruits, vegetables, low fat milk and ice cubes into a blender.
5. Blend well until fully smooth and ice cubes are in tiny chips.
6. Serve immediately.

#### Tips

- Add more vegetables into your child's diet by sneaking some greens into the smoothie and mask the bitter taste with a sweet fruit.
- Add a little Greek yogurt for a creamy texture.
- Freeze your fruits before blending them for an icy smoothie as an alternative to adding ice cubes.

#### Nutrition Information

(Per serving): 200 ml

Energy 72.8 kcal

Protein 2.9 g

Total fat 1.1 g

Saturated fat 0.7 g

Carbohydrates 13.2 g

Total Sugar 10.7 g

Dietary fibre 1.7 g

Sodium 48.5 mg

(5.4 g of sugar per 100 ml, no added sugar)

Cost per serving \$0.75

