

## SMOOTHIE RECIPES



### Apricot, Peach and Lemon Smoothie

#### **Ingredients (Makes 10 portions x 250ml)**

600ml natural low fat yoghurt  
600ml soya milk (unsweetened)  
780g of tinned apricots – with the juice  
780g of tinned peaches – with the juice  
Juice and zest of 2 lemons

#### **Method**

1. Add all the ingredients to a jug blender and blend on full speed until the correct consistency is reached.

#### **Key Nutrients**

Portion	<b>250g</b>	<b>100g</b>	
Calories	<b>99 (kcal)</b>	<b>39 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	1.2g	0.5g	Low
Saturates	0.5g	0.2g	Low
Sugars	18.1g	7.1g	Med
Salt	0.2g	0.1g	Low
Protein	4.5g	1.8g	–

#### **Low Fat**

**Allergen Info: Soya, Milk**