

# FRUIT SMOOTHIE



Prep: 5 mins



Serves: 1

SUITABLE FOR IDDSI LEVEL 3



Vegetarian



Halal



Gluten-free



Sieve



Blender

## INGREDIENTS



1/2 banana cut into pieces



75g blueberries or strawberries



2 dessert spoons live vanilla yoghurt



450ml semi-skimmed milk



Juice of 1 orange (ensure no pips)



1 teaspoon of honey

Allergens: milk.

## METHOD



Place the ingredients into a blender and blend for approximately 2 minutes until smooth



Pass through a fine sieve to ensure there are no pips or seeds



Conduct a flow test to confirm fluid is IDDSI level 3 compliant

It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency. Resource® ThickenUp® Clear is a food for special medical purposes to be used under medical supervision