The simplest way

...to help fussy eaters.

One way manage fussy eaters is to hide your fruit and veg in smoothies.

Kids think they’re a milkshake and will slurp them up happily!

Ingredients

- 2 cups reduced-fat milk
- ½ cup reduced-fat natural yoghurt
- 1 ripe banana
- 1-2 tbs rolled oats

Method

1. Place all ingredients in a blender, mixing until smooth and well combined.
2. Serve immediately in a tall glass.

Try other fruits – like berries and drained canned fruit – for another delicious smoothie!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.