



## Smoothies Recipes

### Banana Smoothie

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Reduced fat milk	5 cups	10 cups	25 cups	50 cups
Bananas (broken into pieces)	5	10	25	50
Honey	2 tablespoons	5 tablespoons	10 tablespoons	20 tablespoons
Reduced fat yoghurt (natural or vanilla)	5 tablespoons	10 tablespoons	2 cups	4 cups

#### Method:

- Add all ingredients to a blender and combine until smooth.

#### Recipe tips:

- Using frozen bananas will make the smoothies thicker and is a great way to reduce food waste! Freeze peeled bananas when they're getting a bit past their prime and add them straight from the freezer to the blender. You may need to add a little more milk to help the smoothie blend.
- Try serving topped with cinnamon.

### Berry Smoothie

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Reduced fat milk	5 cups	10 cups	25 cups	50 cups
Berries (fresh or frozen)	1 cup	2 1/2 cups	5 cups	10 cups
Honey	2 tablespoons	5 tablespoons	10 tablespoons	20 tablespoons
Reduced fat yoghurt (natural or berry)	5 tablespoons	10 tablespoons	2 cups	4 cups

#### Method:

- Add all ingredients to a blender and combine until smooth.

# Move Well Eat Well

## Pricing tips

To work out pricing for the recipes use the following simple model :

Ingredient cost + Packaging + Mark up\*

\* The standard mark up is usually 65% but is it up to you whether you increase or decrease this.

Divide the Mark up by the Number of Serves to get your profit per serve

This is a Healthy Tasmania initiative