

Apple, Pear and Banana Fruit Smoothie

Serves 10

Ingredients	
5 medium (500g) eating apples eg cox's, peeled, cored, and chopped	5 medium (500g) bananas peeled, chopped
4 medium (600g) pears, peeled, cored, and chopped	800 ml apple juice, unsweetened

- METHOD:
 - Put all the ingredients into a blender or food processor, blend for approximately 30 seconds until smooth.
- ✓ COOK'S TIP – FOR PUREE DIETS, PREPARE EXTRA BANANAS AND STEW APPLES TO MAKE A PUREE



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
119	1	0.3	30	28.8	0	0.4	17