

# April

## Heather's Banana Flip



Heather contributed this recipe, as she uses it as "a more exciting way of getting Michael and Jamie to eat fruit!" You can experiment with smoothies - use different fruits and blend them with some milk or yoghurt.

Serves 1

Ready in 5 minutes

### Ingredients

1 small banana (peeled and halved)

50ml / 2 fl oz Greek yoghurt

1 tbsp maple syrup (if needed)

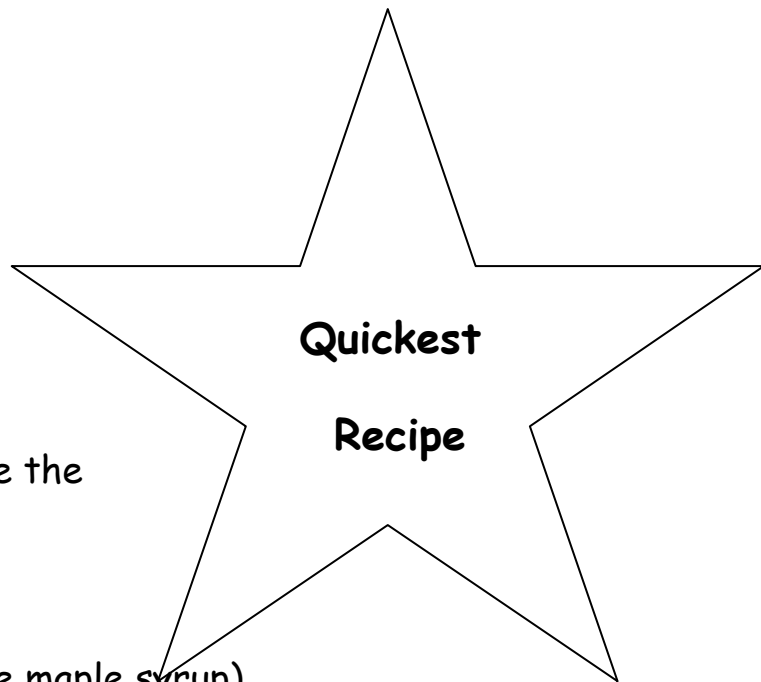
1 tsp lemon juice

2 ice cubes

Milk - optional. Can be used to make the smoothie thinner

### Method

1. Put the ingredients (except the maple syrup) into a food processor or blender.
2. Process continually for about 2 minutes, until the mixture becomes really pale and frothy
3. Pour the banana flip into a tall glass and serve immediately. If your children do not like it, add a small amount of maple syrup to sweeten it





### Fluid Facts

Did you know.....? Each of us is made up of about two thirds water and if we don't replenish our fluid supplies we would last for no more than a few days! A lot of people don't realise they are dehydrated, because they are used to feeling below their best. Dehydration can leave you feeling tired, constipated, nauseous and suffering from headaches. Feeling thirsty is a sign that you are already dehydrated - drink before you feel thirsty! The number of drinks children need varies from day to day depending on the weather, how active they are and what food they are eating. Offer a drink with every meal, and at least once between meals. The best drinks for children are milk and water, as they do not damage teeth.