

# Getting started with a smoothie



## My Recipes

In this worksheet, you will put a simple recipe into The Nutrition Program and look at the cost and nutrition information that the program provides.

### Smoothie recipe

Serves 2

### Ingredients

100g strawberries

1 medium banana

200 ml semi skimmed milk

10 blueberries

### Method

1. Take the stalk out of the strawberries, and peel and chop the banana.
2. Place all the ingredients in a food processor and whizz until smooth.
3. Serve and drink immediately.

## Use the Nutrition Program

- Click My Recipes and Create a new recipe.
- Enter the recipe name Smoothie, Portions 2.
- In Find ingredient, find the first ingredient – strawberries.
- Add the weight – the program helps you by giving the average weight.
- Add all the other ingredients then save the work.
- The recipe is saved in My Recipes.
- Click the Smoothie and look at Nutrition Info.
- You will see the nutritional information for your Smoothie.

4	8	Show all
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