

Eating well is important and at ALDI, we want to encourage families to live well and have a varied and balanced diet, full of all the nutrients your body needs.

Smoothies are a great way to get fruits and vegetables into your diet, or protein to build a healthy body.

Whatever combination you find, the best smoothies are always smooth and cool, and this one will help fuel your body and mind for the Big Active!

Big Active Smart Smoothie

Ingredients:

150g Frozen Berries

60g Natural Yogurt

6 tbsp Milk of your choice

Large handful of Ice Cubes

Method:

Put your berries in a blender or liquidiser. If using frozen berries, FSAI (Food Safety Authority of Ireland) recommends to boil them first in a saucepan of boiling water for 1 minute before draining and using. Add the yoghurt, milk and the ice and blend in bursts until smooth and berry beautiful.

Pour into a tall glass to serve.



Day 1	Day 2	Day 3		
Day 4	Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12	Day 13
Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23
Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31		

well done!

For more great ideas, see [Barnardos.ie/bigactive](https://www.barnardos.ie/bigactive)