



Traffic light category: **Green** <300mL

Serves: 4

Ingredients

- 1 large frozen banana, chopped
- 3 fresh dates, deseeded, chopped
- 1½ tablespoons unsweetened cocoa powder
- 2¼ cups reduced fat milk
- 2 teaspoons vanilla extract

Method

1. Blend banana, dates, cocoa powder and ½ cup milk in a blender on high speed for 1 minute or until smooth
2. Add remaining milk and vanilla and blend for 30 seconds or until frothy
3. Pour into glasses and serve immediately.

Recipe adapted with permission from the Western Australian School Canteen Association Inc. Original recipe adapted from Woolworths Magazine

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