

PaediaSure Shake

Balanced nutrition for the fussy eating phase



BERRY SUNRISE SMOOTHIE

SERVES: 2

Ingredients

- 5 scoops* of PaediaSure Shake vanilla flavour powder
- 180ml of orange juice
- 6 medium strawberries
- Handful of blueberries
- Ice (optional)

Method

1. Place all the ingredients in to a blender and blend on high speed until smooth. For a cooler treat, blend with ice.
2. Pour into a glass and serve.

*Use the scoop as provided in the PaediaSure Shake tin.