

Bunny Berry Smoothie



A creamy Nesquik smoothie makes a delicious snack that's quick and easy on busy mornings.

Mix your favourite Nesquik drink with frozen raspberries and blueberries for a tasty fruit smoothie. Blend it, pour it, and then top it with fresh blueberries and raspberries to add a bunny face with drinking straws for ears.

Preparation time: 5 mins (or 1 page of a colouring book)

Cooking time: none

Serving: 1

Ingredients for a very berry smoothie:

- 1 glass of NESQUIK (200ml semi skimmed milk and 9g powder)
- 40g frozen raspberries
- 40g frozen blueberries
- 2 fresh blueberries
- 1 raspberry
- 2 paper straw

Now to get blending:

1. Place the NESQUIK® milk, the raspberries and the blueberries in blender and cover.
2. Blend until smooth.
3. Top with blueberries and a raspberry for the eyes and nose and use 2 paper straws make the ears.

4. Enjoy!

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
709 kJ 168 kcal	4.0 g	2.4 g	22.7 g	0.27 g
8%	6%	12%	25%	4%

of an adults Reference Intake (RI)*

Energy per 100g: 230 kJ / 55 kcal