

Super Smoothies



You will need a chopping board,
a sharp knife,
a blender and 2 glasses.

Ingredients:

175g (6oz) soft fruit
e.g. strawberries

1 banana

1 lemon

1 tbsp caster sugar

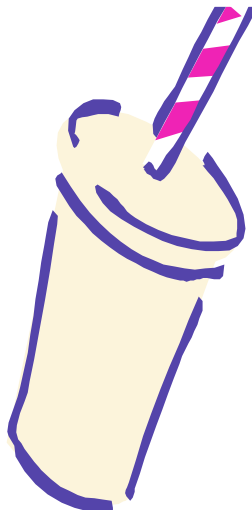
115g (4oz) natural yogurt

150ml (1/4 pint) milk



What to do:

- put fruit in blender
with a squeeze of
lemon
- whizz for about a
minute
- pour into 2 glasses
- decorate with fancy
straws or a piece of
fruit on the edge of
the glass
- serve and drink
while frothy



Tips:

All soft fruits
and berries
make super
tasting
smoothies.