

Fruit Smoothie

(makes two glasses)



Ingredients

- 1 banana
- 1 cup of strawberries
- 1 pot of Greek yoghurt (6 ounces)
- 1 and a half cups of milk (of your choice)

Method

- Peel and chop the banana and place in a blender
- Take the stalk off the strawberries, half and add to the blender
- Add the milk and yoghurt
- Place the top of the blender on, blend till it is smooth

Variations

- If you like your smoothie sweeter change the yoghurt for ice cream!
- Change the fruit to make your own delicious combinations, mango and blueberry, pineapple and lychee. So many you could choose from
- You could even add ice for a summer smoothie!

