

Berry smoothie

Serves: 1

Time

5 minutes

Ingredients

- 125g strawberries
- 125g raspberries
- 1 banana
- 250g low-fat natural yogurt
- 300ml semi skimmed milk
- 6-8 ice cubes (optional)
crushed

Method

1. Whisk the fruit, milk and yoghurt in a blender until smooth.
Try adding a little more milk if it's very thick.
2. Serve in tall glasses over crushed ice.

