



Strawberry Smoothie Recipe

Serves 4

Ingredients

250g strawberries
450g yoghurt
100ml milk
1 tbsp honey (optional)

Equipment

Blender
Measuring spoon
Drinking cups

Method

1. The night before making the smoothie, place the fresh strawberries in a freezer.
2. Measure ingredients and put in a blender.
3. Blend until smooth.
4. Serve immediately.





Raspberry and Strawberry Smoothie Recipe

Serves 4

Ingredients

250g strawberries
75g raspberries
450g yoghurt
100ml milk
1 tbsp honey (optional)

Equipment

Blender
Measuring spoon
Drinking cups

Method

1. The night before making the smoothie, place the fresh strawberries and raspberries in a freezer.
2. Measure ingredients and put in a blender.
3. Blend until smooth.
4. Serve immediately.





Strawberry and Banana Smoothie Recipe

Serves 4

Ingredients

250g strawberries
100g yoghurt
200ml milk
2 ripe bananas

Equipment

Blender
Measuring spoon
Drinking cups

Method

1. The night before making the smoothie, place the fresh strawberries and bananas in a freezer.
2. Measure ingredients and put in a blender.
3. Blend until smooth.
4. Serve immediately.





Berries Smoothie Recipe

Serves 4

Ingredients

125g strawberries
50g raspberries
50g blackberries
100g yoghurt
100ml milk
1 tbsp honey (optional)

Equipment

Blender
Measuring spoon
Drinking cups

Method

1. The night before making the smoothie, place the fresh berries in a freezer.
2. Measure ingredients and put in a blender.
3. Blend until smooth.
4. Serve immediately.

