

Strawberry Smoothie Recipe

Serves 4

Method

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

Equipment

Blender Measuring spoon Drinking cups

- 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

3. Blend until smooth.

freezer.

Serves 4

Method 1. The night before making the smoothie, place

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

Equipment

Blender Measuring spoon Drinking cups 4. Serve immediately.

the fresh strawberries and raspberries in a

2. Measure ingredients and put in a blender.







Strawberry and Banana Smoothie Recipe

Serves 4

Method

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

Equipment

Blender Measuring spoon Drinking cups

- 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.









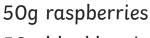
Berries Smoothie Recipe

Serves 4

Ingredients

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.



50g blackberries

125g strawberries

- 100g yoghurt
- 100ml milk
- 1 tbsp honey (optional)

Equipment

Blender Measuring spoon Drinking cups





