

Recipes

Healthy strawberry milkshake

(Serves 4)

Cost: around 15p per glass

10 strawberries - I use frozen strawberries

300ml milk



1. Wash strawberries and place them in a jug with the milk
2. If you have a blender, blend the two together, otherwise, you could use a masher to mash the strawberries into the milk
3. Pour into 4 cups and serve straight away (be aware the last person may end up with some strawberry pips – you can sieve the drink if you want to avoid the seeds)



Recipes

Banana milkshake

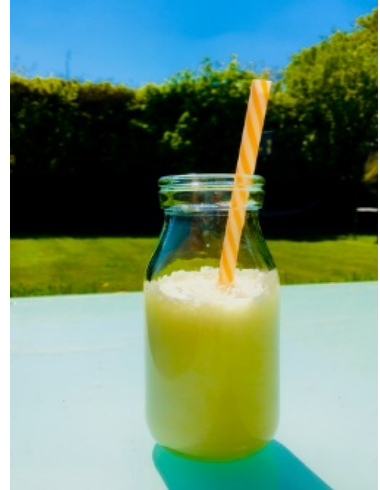
(Serves 4)

Cost: around 10p per glass

1 banana

300ml milk

1. Place all ingredients in a jug and blend
2. Serve straight away



Mango milkshake

(Serves 4)

Cost: around 15p per glass

100g Mango – I use frozen or 1 mango peeled and diced

300ml milk

1. Place all ingredients in a jug and blend
2. Serve straight away