Recipes

Strawberry banana smoothie recipe

(makes 2 portions)

Smoothies are a great breakfast on the go or an ideal after school snack. You can use up fruit that has been sat in your fruit bowl. Be inventive and have a go at making your own combination.

Ingredients

- 1 large banana, peeled (good way to use up ripe bananas)
- 6 strawberries, washed and leaves removed (frozen is good too)
- 150ml natural low fat yoghurt*
- 150ml semi skimmed milk*
- 1 tablespoon oats*

(You could use raspberries or blueberries instead of strawberries.)

Method

1. Place all ingredients in the blender, and blend.
2. Serve straight away.

Tips

- Use lower fat yoghurt or lower fat milk as a mixer rather than fruit juice.
- Do not use fruit juice as well as fruit as it will make it very sweet.
- Try using frozen berries – they are often cheaper than fresh, and you can blend from frozen to make an ice cold drink.

*May contain or is one of the 14 common allergens