

Berry & Banana Fruit Smoothie

Serves 3-4

Ingredients:

1 Cup Reduced Fat Milk

½ Cup Reduced Fat Berry Yoghurt

½ Banana

½ Cup Frozen Berries

- You could choose to use just berries

Method:

- Place all ingredients in blender and blend until smooth. A stab blender can also be used.
- If fruit is in large pieces, cut them up before putting in the blender.
- Serve in tall glasses.



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Banana & Cinnamon Smoothie

Serves 3-4

Ingredients:

1 Cup Reduced Fat Milk
½ Cup Reduced Fat Vanilla Yoghurt
1 Banana
Tsp Cinnamon

Method:

- Place all ingredients in blender and blend until smooth. A stab blender can also be used.
- If fruit is in large pieces, cut them up before putting in the blender.
- Serve in tall glasses.



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