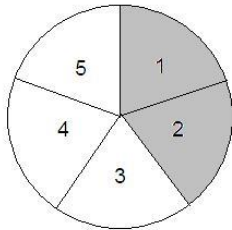


Raspberry & Blueberry Smoothie

Serves 1

Portions of fruit & vegetables per serving: 2



Allergen information:
Allergens are in bold.
Contains milk

Ingredients	Amount	Preparation
raspberries	100g (4oz)	washed
blueberries (or strawberries)	100g (4oz)	washed
banana	1 medium	peeled and chopped
natural yoghurt	125g (5oz)	
ice cubes	6	

Please Turn Over



Method

- 1 Place all the ingredients in a blender or bowl if using a hand blender. Save a couple of raspberries and blueberries to decorate.
- 2 Blend until smooth and thoroughly mixed.
- 3 Once smooth pour into a tall glass and place the remaining fruit pieces on the top.

190 calories		Per serving
Fat	LOW	1.7g
Saturates	LOW	1.0g
Sugars	MEDIUM	34.3g
Salt	LOW	0.2g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Try using frozen berries, which can now be bought in most supermarkets. Then you can just use what you need, and leave out the ice.

