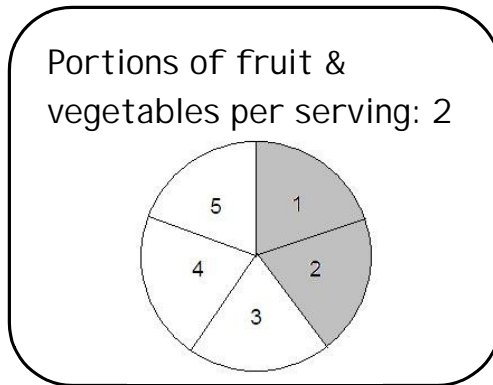


# Raspberry & Blueberry Smoothie

Serves 1



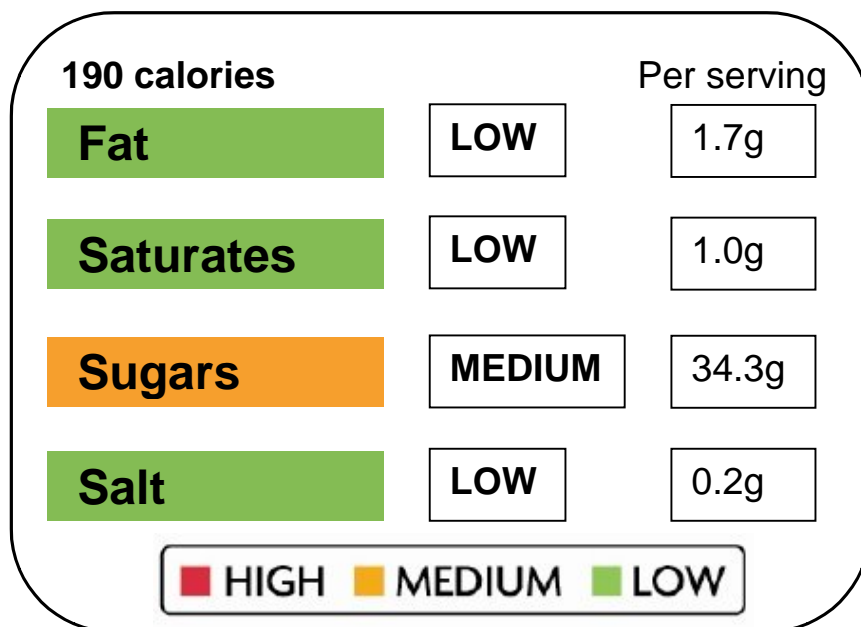
Ingredients	Amount	Preparation
raspberries	100g (4oz)	washed
blueberries (or strawberries)	100g (4oz)	washed
banana	1 medium	peeled and chopped
natural yoghurt	125g (5oz)	
ice cubes	6	

**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.



## 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.

