

Traffic Light Smoothie Serves 2

Ingredients

Red

¼ cup Frozen berries
3 T Low fat yoghurt

Orange

½ can (410g) Peaches or pureed mango
3 T Low Fat Yoghurt

Green

1 small Kiwi fruit
1 small Banana
3 T Low fat yoghurt

Method

Blitz all ingredients for each different colour smoothie separately in a blender and pour into a large glass. Serve immediately.

Variation Use a frozen banana to make a delicious change.

