

# Fruit Smoothie Serves 2

1½ cup Milk  
1 cup Yoghurt  
1 Banana  
½ cup Frozen berries (or tinned apricots, peaches)  
2 t Honey

## Method

Place all the ingredients together in a blender or food processor. Serve immediately.

**Tip:** use frozen bananas or avocado to make a delicious change.

