



- 5 mins

Allergens



MILK

Utensils



spoon



sharp knife



blender

You will need...



one banana



50g low fat yoghurt



150ml semi skimmed milk



5 strawberries

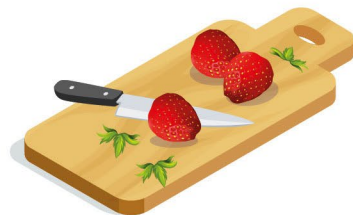


one apple



handful of blueberries

1 Chop the top off the strawberries



2 Chop the apple and throw away the core



Breakfast Recipe

Fruit smoothie

(Blended)

3 Peel and chop the banana into chunks



4 Pop all the fruit into the blender



5 Spoon 50g of natural low-fat yoghurt into the blender



6 Pour the milk into the blender



7 Put the lid on the blender and blend for 25 seconds



8 Pour into your favourite tall cup and enjoy your breakfast

