



**Fruit smoothies**

**What I need:**

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| 6 strawberries |
| 1 banana |
| 1 tablespoon yoghurt |
| You could use 150ml of milk instead of yoghurt |
| Juice from 1 orange |

**What do I do? Fruit smoothies**

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|  | Wash strawberries  Take stems off strawberries  Cut each strawberry into 2 pieces |
|  | Peel the banana. Cut banana into pieces |
|  | Juice the orange |
|  | Add all fruit to blender bowl |
|  | Add yoghurt or milk to blender bowl  Blend until smooth  Pour into glass and enjoy! |