Fruit smoothies

What I need:

- 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

- 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!