

Fruit and vegetables

Fruit smoothies

What I need:



6 strawberries



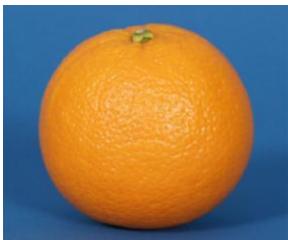
1 banana



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!