

Smoothies



Ingredients

Strawberry

- 1 banana, peeled and chopped
- 500g (1lb) of strawberries, hulled
- 900 ml (1½ pints) ice cold semi skimmed milk

Peach Melba

- 1 banana, peeled and chopped
- 2 peaches, stoned and chopped
- 250g (8oz) raspberries, hulled
- 900 ml (1½ pints) ice cold semi skimmed milk

Tropical

- 500g (1lb) frozen tropical fruit almost defrosted
- 600ml (1 pint) ice cold unsweetened pineapple juice

Banana and pear

- 1 tin of peaches in fruit juice
- 1 banana, peeled and chopped
- Cup of unsweetened apple juice
- 2-3 tablespoons natural low fat yoghurt

Banana and peach smoothies

- 1 tin of peaches in fruit juice
- 1 banana, peeled and chopped
- 1 cup of unsweetened apple juice
- 2-3 tablespoons natural low fat yoghurt

Method

1. Wash and prepare fruits (you don't need to wash frozen fruit).
2. Place ingredients in a blender or hand blender & blend until smooth.

More or less, of any ingredient can be added and other variations of fruits can be tried. You can replace the yoghurt with either milk or fruit juice if you prefer.
Serve cold.