

Fruit smoothie



Ingredients

250ml cold milk
125ml of fruit yogurt
4 large strawberries
1 banana



Equipment

Measuring jug, blender, small knife, chopping board and a drinking glass.



Method

1. Pour the milk and the yogurt into the blender.
2. Peel the banana and add to the blender.
3. Cut the green stalks off the strawberries and place the strawberries in the blender with the other ingredients.
4. Put the lid on the blender and switch on for 5 – 10 second blasts. Repeat this until the mixture is smooth.
5. Pour the smoothie into a glass and enjoy.



Handy hints

- You may wish to use fresh fruits that are in season, or add frozen or canned fruit. Try experimenting with different fruits and flavours of yogurt, such as banana and vanilla or orange and mango.
- Hold the lid of the blender with a clean dishcloth.
- Always get help from an adult when using a blender.

Serves 1