

## **Fruit Smoothie**

### **Ingredients**

- 150ml milk
- 125ml fruit yogurt
- 1 banana
- Choose 2 items or anything suitable from the list below: -
- 4 large strawberries/a handful of blueberries/a handful of grapes or one pear. or 1 kiwi (this could be frozen or canned)



Please bring in a suitable container or drinks bottle with a tight fitting lid

### **Method**

1. Wash and chop up your fruit using a chopping board
2. Add the chopped fruit to the blender
3. Add the milk and yogurt to the blender and blend for 3 minutes.
4. Pour into your container
5. Wash up all equipment in hot soapy water