

## **Fruit Smoothie**



### **Ingredients**

A combination of up to 5 different soft fruits

(For example; 1 banana, ¼ melon, 1 mango, a large handful of strawberries/ raspberries/ blueberries/ blackberries (fresh or frozen), 1 peach etc)

Milk or fruit juice

1 tablespoon of natural yoghurt (optional)

1 scoop of ice-cream (optional)

### **Method**

Wash all fresh fruit

Take off the stalks of berries

Peel fruit with tough skins

Remove any stones and seeds

Chop into bite-size chunks

Place into a blender

Add enough milk or juice to cover the fruit

Spoon in yoghurt / ice cream (if using)

Blend to desired consistency, adding more liquid as required

Drink immediately

