

SMOOTH Operator

Slurp some of your 5-a-day through a straw with a scrumptious smoothie.



What you need:

- 200mls (about 1 cup) cold skimmed milk
- 2 tablespoons natural yoghurt
- 4 strawberries
- ½ banana
- ice cubes

What's your 5-a-day anyway?

It's the super duper rule that says you should eat five portions of fruit and veg a day. Best rule ever, right? And this smoothie will help to give you 2 of your 5!

Slurp. Burp.

Fast facts



Eat me when? Breakfast or after school energy boost!

What to do:



Step 1

Wash the strawberries and chop off the green bits before throwing them into your blender with the banana, yoghurt, milk and ice cubes

Step 2

Make sure the lid is on tight, then blend for 30 seconds on high speed

Step 3

Pour your smoothie into a large chilled glass and enjoy.

This is a great way to use up last week's fruit before the next supermarket shop. So Grads put on your mad professor hats and go on a hunt through the fruit bowl or fridge. Experiment with fun combinations in the blender and make your family taste test each new one you make.



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