



# Super Fruity Smoothie

Makes 6 - 8



## Ingredients:

- 3 cups Hi-Lo milk
- 1 cup low fat natural/Greek yoghurt
- 2 medium bananas
- 400g tin of fruit
- 2 Weetbix

## Equipment:

- Mixing jug / bowl, stick blender, tablespoon, measuring cup, chopping board, serving cups, small knife

### Recipe Tip:

*Add in fresh fruit from the garden or other tinned/frozen fruit (e.g. strawberries, passionfruit, pineapple, berries).*



**1** Pour milk into bowl/jug. Add yoghurt to milk.



**2** Drain tinned fruit, chop into small pieces if required. Add fruit to smoothie.



**3** Blend milk, yoghurt and fruit together until smooth.



**4** Break up Weetbix into smoothie.



**5** Blend together until smooth. Pour into serving cups.