



Lauren's easy healthy smoothie recipe

DSAN member Lauren made up this healthy smoothie recipe. She says you can have it for breakfast or lunch.

This recipe makes enough for 1 person to drink.

Ingredients:

- 250 mls of milk (1 cup)
- 1 small tub of plain or vanilla yoghurt
- 1 banana
- 3 strawberries
- 1 handful of blueberries
- 2 Weetbix
- 1 Tablespoon of honey (optional)





Steps:

- 1 Wash the strawberries and blueberries.
- 2 Cut the leaves off the strawberries.
- 3 Peel the banana and cut it into a few small pieces.
- 4 Put all the fruit and the two Weetbix into the blender.
- 5 Measure the milk in a measuring cup and pour into the blender.
- 6 Use a spoon to put the yoghurt into the blender.
- 7 Put the honey into the blender if you are using it.
- 8 Put the blender lid on tightly.
- 9 Plug the blender in and turn on the power switch.
- 10 Turn the blender on for 30 seconds. You might need to hold onto the top.
- 11 Turn off the blender and take off the lid.
- 12 Drink from the blender cup or pour the smoothie into a different cup to drink.

