

Afternoon tea: Banana and Berry Smoothie



Servings: 2

What you need to make Banana and Berry Smoothie

You need the following ingredients:

1 large banana



½ cup frozen mixed berries



½ cup low fat milk



½ cup strawberry yoghurt



2 teaspoons honey



How to make Banana & Berry Smoothie



Step 1

Wash your hands.



Step 2

Put banana, berries, milk, yoghurt and honey in a blender.



Step 3

Blend until smooth.



Step 4
Divide between 2 glasses.



Step 5
Enjoy your smoothie with a friend!