

# Smoothies

Frozen fruit is  
cheaper than fresh  
fruit & just as  
nutritious

## Red Berry

### Ingredients

200g berries  
1 banana  
125ml fruit yogurt  
150ml cranberry juice/milk



## Tropical Paradise

### Ingredients

280g pineapple/ mango or 140g of both  
2 passion fruit/ 1 kiwi  
125ml natural yogurt  
150ml orange juice/milk



**Each recipe makes 2 servings**

## Method

1. If using frozen fruit, thaw slightly.
2. Roughly chop all fruit.
3. Blend all the ingredients together using a liquidiser/hand blender.
4. Pour into glasses & enjoy.