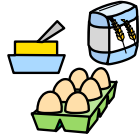


Fruit



smoothie



Ingredients:

250



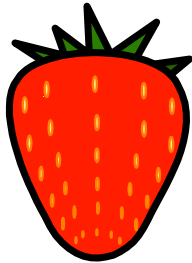
250 ml milk

125



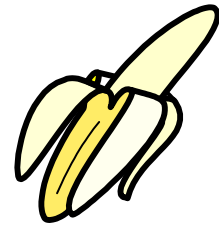
125 ml yogurt

4



4 strawberry

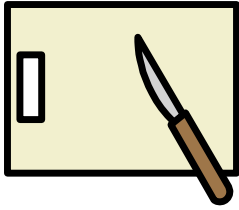
1



1 banana



Equipment:



chopping board



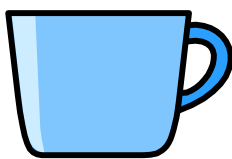
knife



measuring jug



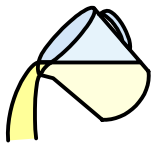

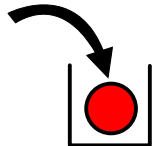

blender



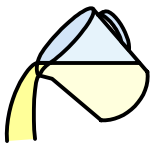

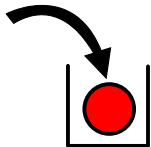

cup




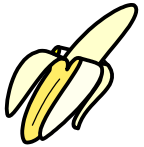



Method

1    



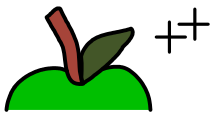
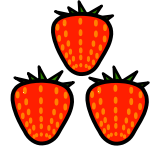
1. Pour the milk into the blender.

2    


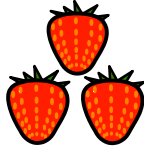


2. Pour the yogurt into the blender

3     



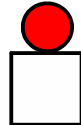


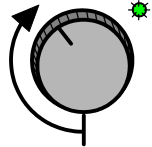
3. Peel the banana and add to the blender

4    


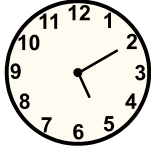
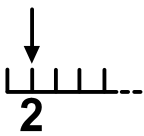
4. Cut the green stalks off the strawberries

5    

5. Place the strawberries in the blender

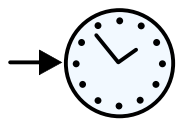
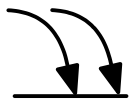
6      

6. Put the lid on the blender and switch on

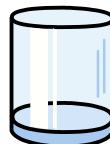
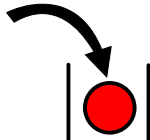
for 5-10 second blasts.

7



7. Repeat this until the mixture is smooth.

8



+



8. Pour the smoothie into a glass and enjoy.