

FRUIT SMOOTHIE

INGREDIENTS

2 cups milk

½ cup of vanilla yoghurt

1 tbsp honey

Seasonal fruit

METHOD

Measure milk, put in blender.

Measure yoghurt, put in blender.

Measure honey, add to blender.

Prepare your seasonal fruit, cut into pieces, add to blender.

Place blender on stand, put on lid properly.

Blend till all mixed and place in a jug for serving.