

Smoothies Recipes

Banana and mango smoothie

1 medium banana peeled and cut into pieces.
425g tin of mango (in natural juices)
1 pint of milk

Method

1. Place all of the ingredients into a jug with a little of the mango juice using a blender whiz together until smooth.
2. Serve in a tall glass with ice cubes.

Banana and strawberry smoothie -place 7 strawberries and a banana with a handful of ice into a blender, whiz together until smooth.

Peach and apricot smoothie- Place 2 peach halves (canned) and 3 whole dried apricots with a handful of ice into a blender and whiz together until smooth.

Raspberry Ripple **Makes 300ml (½ pint)**

100g / 3½oz Fresh or tinned raspberries (in natural juices)
100g / 3½oz natural yogurt
100ml / 3½oz semi-skimmed milk

Method

Place all of the ingredients into a blender and blend together until smooth.

Apricot Smoothie **Makes 400ml (14 fl oz)**

200g / 7oz Can of apricots (in natural juices), drained
150g / 5oz apricot yogurt
150ml / ¼pint ice cold semi-skimmed milk

Method

Place the apricots, yogurt and milk in a food processor or blender and process until smooth. Add a couple of ice cubes, pour into a glass.