

Berry Smoothie



Ingredients:

- 1 small banana
- About 140g of berries. Blackberries, raspberries, strawberries. These can be frozen.
- Orange juice or apple juice optional
- Honey

Method

Ask an adult to help with this and be careful of the blender, the blades are very sharp!

Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth.

Pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.
