

Honey fruit smoothie

You will need:-

- 1 cup of clean soft fruit
e.g. strawberries,
peeled banana.
- 1/2 cup yoghurt
- 1 cup ice cold milk
- 2 tablespoons honey
- Blender
- Tall glass
- Measuring cups
and spoons

What to do:-

1. First wash your hands.
2. Put fruit and honey in a blender and mix on high for 30 seconds.
3. Add milk and yoghurt and blend for 30 more seconds. Pour into a tall glass and drink while cold.