

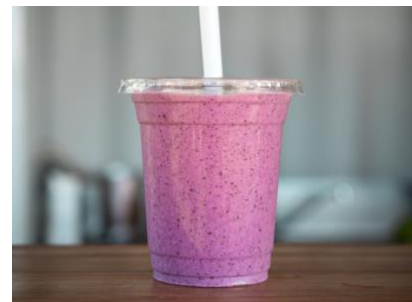
Vanilla Berry Smoothie

Ingredients

- 3 cups natural yoghurt (800g)
- 1L milk
- 500g frozen berries
- 5 ripe bananas
- 2 tbsp vanilla extract

Serves: 20 (150mL serve)

Prep Time: 10 mins



Method

1. Add the natural yoghurt, milk, frozen berries, peeled bananas and vanilla extract to a blender.
2. Blend for 1 minute or until smooth with no lumps.
3. Serve chilled.

Recipe Notes:

Using ripe bananas in this recipe will help to make the smoothie naturally more sweet, as the natural sugars in bananas increases as they ripen.

Food Group	Serves per recipe	Serves per portion
Vegetables	0	0
Fruit	0	0.4
Grain foods	0	0
Lean meat and alternatives	0	0
Milk, yoghurt and cheese	8	0.4