

autumn



berry breakfast smoothie

- ▶ Makes 2 serves



*AUTUMN IS A GREAT TIME TO TAKE ADVANTAGE OF ALL THE FREE BLACKBERRIES IN THE HEDGEROWS!
THEY CAN BE EASILY FROZEN IN ZIP LOCK BAGS TO ENJOY ALL YEAR ROUND.*

What you will need:

- 1 cup fresh or frozen berries (you can use any berries you have)
- 1 banana, chopped into chunks
- 1 cup plain natural yoghurt

How to make it:

Add all the ingredients together and whizz up to a smooth texture in a blender or with a stick mixer. If the mixture is too thick, add a little milk to dilute before whizzing up again.

Why not try adding 1 tbsp. of muesli, chia seeds, wheat germ or bran and blend.