

# Harold's After School Smoothie



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**SERVES 2**



## INGREDIENTS

- 1 cup reduced fat milk
- 2 bananas
- ½ cup frozen berries
- 200ml plain or natural yoghurt

## METHOD

1. Place all ingredients into a blender and blend until smooth.
2. Pour into glasses and serve immediately.

## RECIPE NOTES

- This smoothie is a good source of bone building calcium and contains over 1 serve of fruit.
- Bananas are a great source of B vitamins that help our body produce energy.
- Frozen bananas blend to give a very creamy texture to smoothies.
- Try adding oats or weetbix to your smoothie before blending.