






Strawberry, Raspberry and Banana Smoothie

				
4 Strawberries	1 Banana	8 Raspberries	4 Ice cubes or 50 ml cold water	150ml Milk



1. Peel and cut a banana.

1. Add 150ml of milk
banana to the



and the chopped
blender



3. Cut the strawberries and
raspberries and put in the blender.

4. Add the ice cubes, put the lid on the
blender and whizz until smooth

