

Banana & Berry Smoothie

Season: Summer/Autumn

Serves: 4

Fresh from the garden: bananas, mint, strawberries

This delicious summer smoothie won't raise a sweat to whizz up and hits the spot on a hot summer's day.

Equipment:

measuring spoons and cups
clean tea towel
chopping board
kitchen knife
blender
4 serving cups

Ingredients:

2 bananas, peeled and sliced
10 strawberries, dehulled and halved
1 tbsp honey
1 cup natural yoghurt
pinch cinnamon
1 cup milk
handful mint leaves

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the ingredients except the mint into the blender and whirr until smooth.
3. If the mix is too thick to pour, add more milk; if it's a little thin, add another banana.
4. Pour into cups, decorate with mint leaves, serve and enjoy!

