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QUICK SMOOTHIE RECIPES



Strawberry blast smoothie

Ingredients (serves 2)

- 1/2 cup whole strawberries
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 whole banana
- 2 cups fresh baby spinach
- 1 whole carrot
- 1/2 cup - 1 cup water

Method

Slice banana and strawberries, grate carrot. Place in blender along with spinach, raspberries, blueberries and water.

Blend until smooth and serve.

Tropical twist smoothie

Ingredients (serves 2)

- 1/2 cup diced mango
- 1 banana
- 1 cup pineapple chunks
- 1/2 cup - 1 cup water

Method

Slice the banana. Place the banana, mango and pineapple in blender along with water.

Blend until smooth and serve.

Breakfast oat smoothie

Ingredients (serves 2)

- 1/2 cup rolled oats
- 1/2 cup plain low-fat yoghurt
- 1 banana
- 1/2 cup fat-free milk
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon

Method

Slice banana into thirds. Place in blender along with oats, yoghurt, milk, honey and cinnamon.

Blend until smooth and serve.



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