



Fruit smoothie

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Have your favourite fruit and increase your bone health at the same time. Experiment with your favourite fruit to create your ultimate quick and easy snack.

Ingredients

- 1 pottle low fat berry yoghurt
- 1 banana
- 1 cup trim milk
- 1 drop of coconut essence
- 1 tsp flavoured milkshake mix

Directions:

Place all of the ingredients in a blender. Blend until smooth.

Serve in a tall glass with a straw and if desired, garnish with a sprig of mint.

Cook's tip:

Add your favourite fruit into the mixture to suit your taste buds.