

Fruit smoothies

Serves: 2

Prep time: 5 mins



Ingredients

Banana smoothie

1 large ripe banana
(fresh or frozen)
1 cup reduced-fat milk
½ cup reduced-fat natural
yoghurt

Mango smoothie

1 cup chopped mango
(fresh or frozen)
1 cup reduced-fat milk
½ cup reduced-fat natural
yoghurt

Banana berry smoothie

1 cup chopped mango
(fresh or frozen)
1 cup reduced-fat milk
½ cup reduced-fat natural
yoghurt

Methods

Step 1: Place all ingredients in a blender and blend until smooth.

Step 2: Pour into glasses and serve.

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