

BANANA SMOOTHIE



1/2 CUP
MILK



1/2 CUP
YOGHURT



1 BANANA



2 TSP
HONEY



COMBINE ALL INGREDIENTS IN A BLENDER

NUTRITIONAL INFORMATION

This smoothie contains

- 1 serve of fruit
- 1 serve of dairy



BERRY SMOOTHIE



1/2 CUP
MILK



1/2 CUP
YOGHURT



1/2 CUP
BERRIES



COMBINE ALL INGREDIENTS IN A BLENDER

NUTRITIONAL INFORMATION

This smoothie contains

- 1/2 serve of fruit
- 1 serve of dairy

