


Strawberry and Banana Smoothie

A light, energising smoothie perfect for the summer. A sweet sensation that will leave your taste buds tingling, this simple recipe is quick and easy, so why not give it a try?!

 TIME TILL READY
5 MINUTES

 SERVES
4

Energy: 540kJ/129kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 2 Bananas
- 310g Strawberries
- 250g Lancashire Farm Fat Free Natural Yogurt
- 10ml Orange Juice
- 10ml Milk
- 120ml Pineapple Juice
- 1tsp White Sugar

Contains



Method



Step 1

Chop up banana and strawberries, then blend the banana, yogurt, sugar, pineapple juice, strawberries, orange juice, and milk in a blender until smooth.



Step 2

Pour and serve.