

## Fruit Smoothie

### Ingredients:

1 banana (peeled, frozen or fresh)  
½ cup strawberries (fresh or frozen)  
2 tbsp yoghurt  
1 cup low fat milk  
Cinnamon



### Method

Add all ingredients in to a blender and pulse until smooth. Enjoy!

### Optional extras or substitutes:

**Fruit** – choose your favourite seasonal fruits (fresh or frozen work great in smoothies) to add to your smoothie, e.g. mango, blueberries, peaches, passionfruit.

**Fibre** – add fruits (see above for ideas), OR 1-2 tsp psyllium husk, OR 1-2 tbsp chia seeds, OR ¼ cup rolled oats, OR 1 weetbix, OR small handful of nuts/seeds. You can also try making a veggie juice by removing the milk and yoghurt and blending your favourite veggies e.g. celery, carrot or beetroot, with fruits and flavor combinations of your choice below.

**Protein** – add extra milk, OR 2 tsp nut paste (e.g. peanut butter), OR ¼ - ½ cup yoghurt, OR 2 tsp LSA, OR a small handful of nuts/seeds, OR 1 scoop protein powder to your smoothie.

**Flavour combinations** – try adding vanilla essence (1-2 drops), ginger, or honey to your smoothie.

*Recipe, variations and pictures originally sourced from:*

<https://www.healthyfoodguide.com.au/recipes/2011/october/berry-smoothie>