

'The Pink Lady' smoothie

This smoothie was created by my 6 year old daughter, a nice blend to introduce people to smoothies.

Equipment:

Blender

Ingredients:

- 1 frozen banana
- 6 strawberries
- ½ cup yogurt
- 1 kiwi (optional)
- 1 cup of milk
(can use ½ milk & ½ cup orange juice)
- 1 tsp of spirutein strawberry powder (optional)



Top Tips: By varying the milk you use you can get different flavours, try rice, soy, almond, hazelnut or coconut milk for variety.
The kiwi adds a nice kick but don't add if you don't like 'bits' as the seeds will be present (depending on your blender)

Method:

1. Add all ingredients into blender
2. Blend and depending on desired consistency add more milk if necessary
3. Pour and enjoy :)

Top Tip: Buy a good smoothie container with a secure lid as smoothies are great to have when you are on the go. You can often find them in health food stores, sports stores or in TK Maxx at times.

Top Tip: Buy bananas in bulk, peel, chop into 1 inch chunks and freeze – perfect for creating a creamy texture in your smoothie.