

Banana Blueberry Smoothie

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

1 medium banana

1 cup frozen blueberries

½ cup vanilla Greek yoghurt, reduced fat

½ cup milk, reduced fat

Method

ADD all ingredients to a blender.

BLEND on high speed until very smooth.

ADD more milk as necessary to thin to desired texture.

POUR into glasses and serve immediately.



Everyday Food

Recipe courtesy of the Country Kitchens team