

Fruit smoothies



Strawberry smoothie

1. Peel the banana and cut it into thick slices. Rinse the strawberries and dry them on a paper towel. Cut out the stalks. Cut the strawberries in half.



2. Put the fruit in a jug-style blender with the yogurt. Put the lid on firmly and whizz the ingredients together until they are smooth. Pour the drink into a glass.



Mango smoothie

1. Slice the mango lengthways, on both sides of the stone. Peel off the skin. Then, cut the flesh away from the stone and put it all in a jug-style blender.



2. Squeeze out the juice from half a lime. Add the lime juice, apple juice and honey to the blender. Put on the lid and whizz everything together. Pour it into a glass.

Ingredients

One strawberry smoothie:

1 banana
6 large strawberries
150g (5oz) natural low-fat yogurt

One mango smoothie:

1 ripe mango
½ lime
150ml (¼ pint) apple juice
2 tablespoons clear honey

If you don't have a jug-style blender or smoothie-maker, you can use a hand-held blender instead.

Variations

You could use lots of other combinations of fruits too. For example, try replacing the strawberries with a mixture of raspberries and blueberries.

Raspberry and blueberry smoothie

Strawberry smoothie

Mango smoothie

A fruit smoothie gives you one of your five portions of fruit and vegetables a day.