

# STRAWBERRY SMOOTHIE

by Ben Lester

On a hot day this smoothie is cold and really nice and refreshing. It's super easy to make and is a great way to get more fruit into your daily diet.

## SERVES 1-2

- 10 fresh or frozen strawberries
- 2 bananas, peeled
- 375ml orange juice
- 1 small tub natural yoghurt

1. Place all the ingredients in a blender and blitz until smooth. If you are using fresh strawberries you might want to add 1-2 cubes of ice if you like your smoothie cold but if you use frozen fruit there is no need.
2. Pour the smoothie into a glass and serve with a straw.

