



Orange and Banana Smoothie



Serves
4



Prep
5 minutes

Enjoy this fruity smoothie for a healthy breakfast or refreshing snack.

| | Calories | Sugars | Fat | Saturated Fat | Salt |
|----------|----------|--------|------|---------------|-------|
| per 100g | 198kcal | 38g | 2.5g | 1.6g | trace |
| RI% | 10% | 42% | 4% | 8% | - |

Method

1. Slice the bananas into a blender or food processor. Reserve 4 slices of strawberry for decoration, then add the rest to the bananas with the yogurt and milk. Blend until smooth.
2. Add the Princes Orange Juice and blend again for a few seconds. Pour into glasses and serve at once, decorated with the strawberry slices.

Ingredients

500ml Princes Orange Juice, chilled
2 ripe bananas
100g strawberries, sliced
150g low fat natural yogurt
200ml chilled milk

