



Orange, Peach and Banana smoothie



Cook's Tip: Using frozen banana makes smoothies creamier and thicker. To freeze bananas peel and slice, lay them on a baking sheet and place in the freezer, after about 20mins, transfer to a freezer bag and store until needed.



	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	54Kcal	12g	0g	0g	0g
RI%	8%	39%	0%	0%	0%

Method

1. Place all the ingredients in a blender or smoothie maker and blend until smooth
2. Pour into a glass with a couple of ice cubes

Ingredients

- 200ml Princes pure orange juice
- 220g Princes peach slices with juice
- 1 ripe banana, peeled and chopped – (see cooks tip)