

Fruit Smoothies

Ingredients: Serves 4

- 100g natural yoghurt
- 1 apple
- 1 orange
- 1 pear
- 150ml pineapple/orange juice

Method

1. Using a knife, carefully chop up all the fruit into pieces.
2. Transfer the fruit into a blender.
3. Add in the natural yoghurt.
4. Add in the pineapple/orange juice.
5. Blend until smooth.

