



Almond and strawberry smoothie

INGREDIENTS

1	Apple, grated
200g	Strawberries
1	Banana
1 tbsp	Almond butter (no added sugar and salt)
3 tbsp	Oat bran
1 cup	Fat free plain yoghurt
½ cup	Fat free milk
1 tsp	Honey

INSTRUCTIONS

1. Place yoghurt, milk, oats and nut in a food processor and blend until smooth for about 5 minutes.
2. Add the fruits and honey and continue blending for an additional 3 minutes.
3. Pour into chilled glasses and serve chilled.
4. To produce chilled smoothies, use frozen berries or freeze the banana the night before.