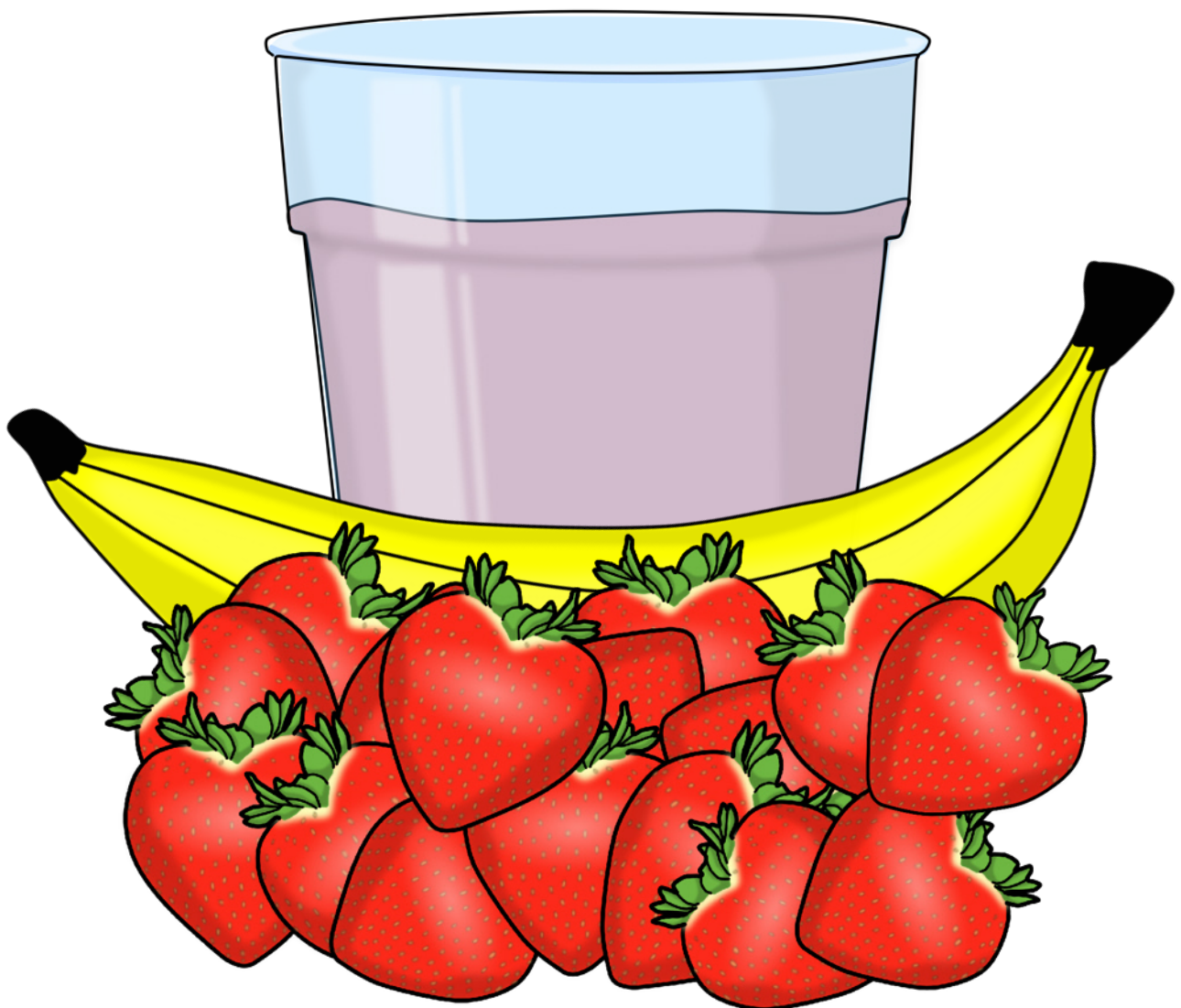


*How to Make a*  
**Strawberry**  
**and Banana**  
**Smoothie**



# Ingredients

250g strawberries

1 whole ripe banana

300ml milk

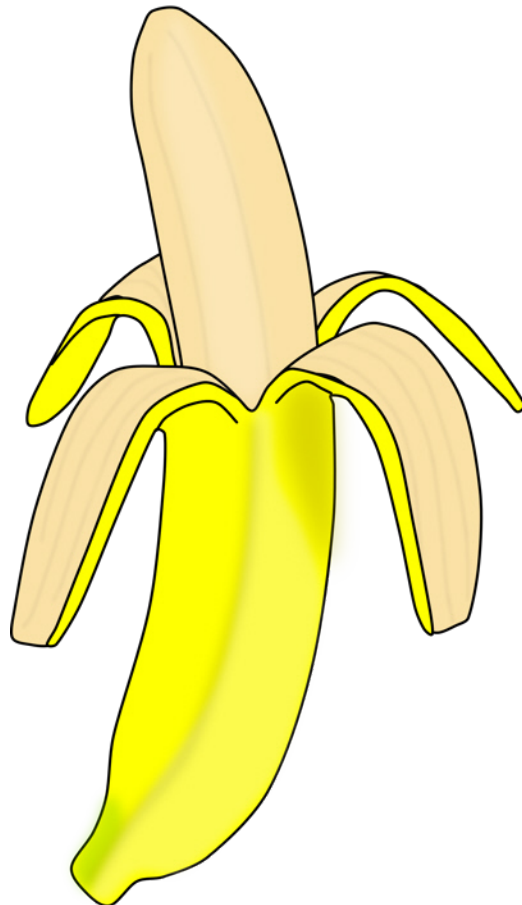
150ml Greek yogurt

1 or 2 teaspoons honey

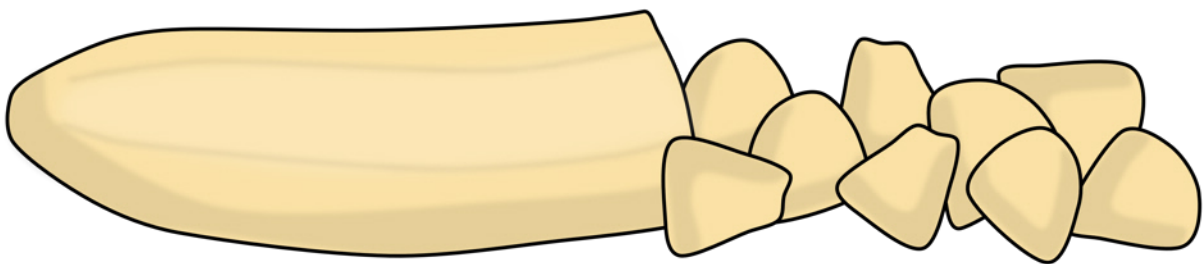


1

Peel the banana.



**2** Roughly chop the banana.



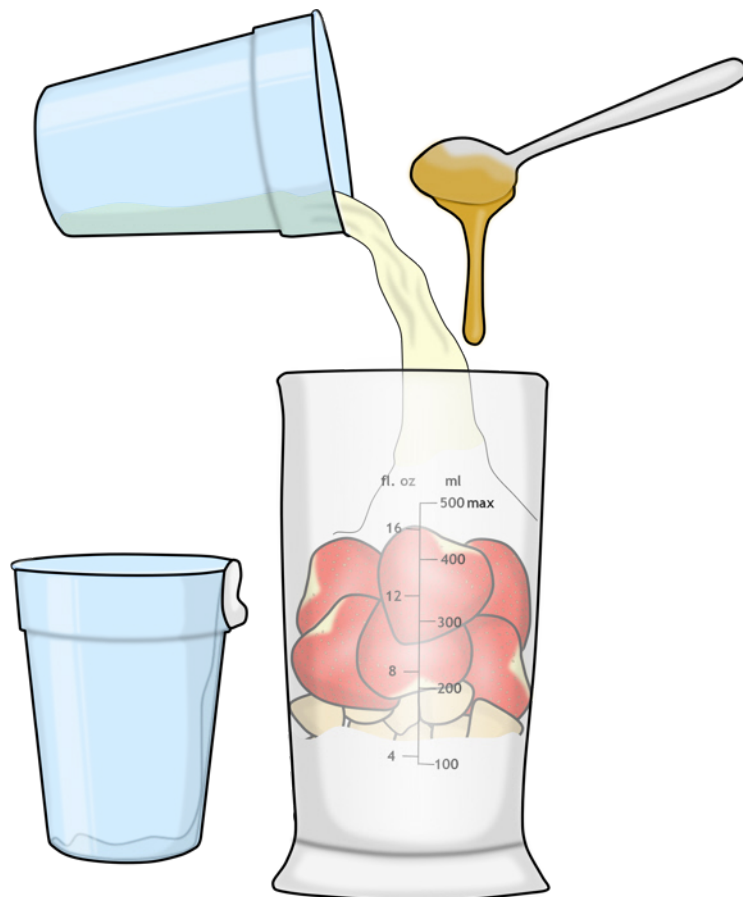
3

Chop the leaves from the strawberries.



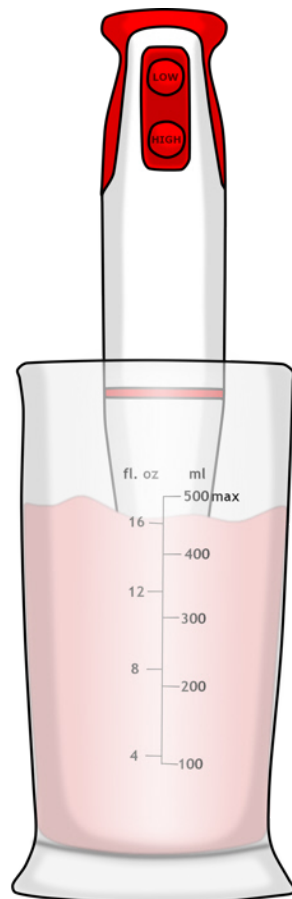
4

Add the fruit to a blender and top with the yogurt, milk and honey.



5

Turn the blender on and blend until the mixture is smooth and creamy.



6

Taste and add extra  
honey if needed.  
Then pour into a glass  
and enjoy!

