



1 Banana
3oz Raspberries frozen
2oz Natural Yoghurt
90ml semi skimmed Milk
Honey
90ml Orange juice
4 Ice cubes

- 1. Mash bananas
- 2. In a bowl mix orange juice, yoghurt, milk and honey. Add to blender.
- 3. Add fruit to blender with ice.
- 4. Blend and serve.