



WHEATY RASPBERRY SMOOTHIE

INGREDIENTS

- 150g raspberries (frozen or fresh)
- 2 wholewheat biscuits
- 450ml semi-skimmed milk
- 50g low fat yogurt
- 1 tbsp clear honey

EQUIPMENT

- 2 tall glasses, liquidiser



HOW TO MAKE IT

1. Place all the ingredients in a smoothie maker or liquidiser and blend until smooth.
2. Pour into 2 tall glasses and serve chilled.

COOKS TIP

Any soft fruit combination such as strawberries, blueberries or blackberries can be used to replace the raspberries or use flavoured yogurt for added taste.