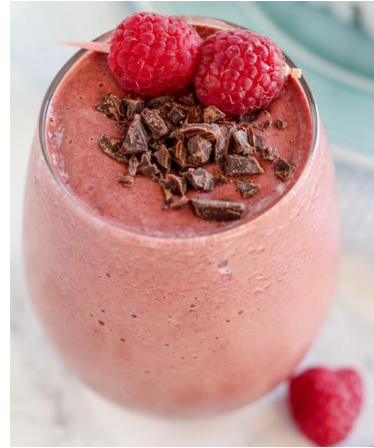


RASPBERRY AND DARK CHOCOLATE SMOOTHIE

Ingredients:

75g raspberries
150ml low fat milk/ almond milk
1 banana
2-3 squares of dark chocolate
2tbsp Greek yoghurt
1tsp honey



Equipment:

Measuring jug
Tablespoon
Glass
Liquidiser/ food processor
Knife

Method:

1. Peel the banana and cut into bite-sized cubes.
2. Rinse the raspberries.
3. Cut the chocolate into smaller pieces.
4. Put all of the ingredients i.e. milk, yoghurt, banana, raspberries, chocolate, honey into the liquidiser/ food processor and blend until they reach a smooth consistency (thickens of a liquid).
5. Serve by grating flakes of dark chocolate on top.

*Low-fat milk has a reduced saturated fat content while still providing calcium for strong bones and healthy teeth.

*To make a breakfast smoothie add 40g of porridge oats.

*To increase the protein content add 1 – 2tbsp of nut butter.