

Brekkie Berry Smoothie

Difficulty: Easy

Servings: 2

Preparation Time: 5 minutes

Ingredients

1 cup apple juice

1 frozen banana, sliced

1 cup frozen mixed berries

1 cup Greek yoghurt

1 tablespoon honey, to taste

Optional : mixed berries, to garnish

Method

1. Place the apple juice, banana, berries, yoghurt and honey into your blender and blend for 1 minute or until very smooth.
2. Adjust to taste with extra honey then divide between two glasses.
3. Garnish with mixed berries and enjoy!

