



STRAWNANA YOGHURT SMOOTHIE

This delicious smoothie is a quick and easy way to get your little one ready for their daily adventures and give them 1 of their 5-a-day.



Preparation time

5-10 mins

Servings

1 serving

Equipment

Blender

Knife

Chopping board

Ingredients

Handful of fresh strawberries

1 banana (fresh or frozen)

2-3 tbsp natural or Greek yoghurt

150 ml of milk

Instructions

1. Roughly chop the strawberries and bananas and place them into the blender.
2. Add the natural or Greek yoghurt and milk to the blender.
3. Blend until smooth.
4. Pour into the glass and place a strawberry on the side of the glass.

Tips

You could also add oats into this smoothie to make it more filling.

Dairy alternatives/Lactose free options can be used to replace milk and yoghurt.

If you're pushed for time in the morning, this can be made the night before and kept in the fridge – just make sure you give it a stir before serving.



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