



HEAL
HEALTHY EASY ACCESSIBLE LOCAL
FOODS

Raspberry and apple breakfast smoothie

Ingredients

- 2 apples, cored
- 150g frozen raspberries
- 150ml natural yoghurt
- 1 tbsp honey
- 2 tbsp porridge oats
- ½ lemon juiced
- 100ml milk

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Method

Step 1 – Tip all ingredients into a blender or smoothie maker and blitz until smooth. Add 50ml of water or milk if the consistency is too thick. Enjoy!

