



Mixed Berry Smoothie

Recipe source: Taste.com.au

Season: Spring

Type: Drink

Difficulty: Easy

Serves: Serves 6 to taste

Fresh from the garden: Strawberries

Equipment:	Ingredients:
<ul style="list-style-type: none">• Chopping board• Knife• Blender• Spoon• Measuring cup• Measuring spoon• Scale	<ul style="list-style-type: none">• 150g strawberries, hulled, roughly chopped• 1/2 cup fresh or frozen raspberries (thawed)• 2/3 cup thick vanilla yoghurt• 1/3 cup milk• 1 tablespoon maple syrup• 4 ice cubes

What to do:

1. Weigh strawberries and place in blender
2. Measure raspberries and place in blender. It does not matter if raspberries are still frozen.
3. Measure yoghurt, milk and maple syrup and place in blender
4. Add ice.
5. Blend until smooth and frothy. Take care that the lid of blender is securely placed.
6. Pour into glasses and serve.