

Fresh Mixed Berry Smoothie

Ingredients (serves 1)

- Fresh mixed berries (strawberries, blueberries and raspberries)
- 1 Banana
- 3 Tablespoons Plain greek yoghurt
- 2 tablespoons of Honey
- 1litre of Milk
- ½ tablespoon of cinnamon



Method

Mix all ingredients in a blender until smooth. Serve in a glass and enjoy.

