



Fruit Smoothies

Serves 4

250 ml yogurt or soft tofu
125 ml milk or orange juice
500 ml frozen berries
15 ml honey or sugar to taste
½ banana

Place all ingredients in blender and blend until smooth.

Serves 5

310 ml yogurt or soft tofu
150 ml milk or orange juice
6000 ml frozen berries
20 ml honey or sugar to taste
½ banana

Place all ingredients in blender and blend until smooth.

Serves 6

375 ml yogurt or soft tofu
175 ml milk or orange juice
750 ml frozen berries
25 ml honey or sugar to taste
½ banana

Place all ingredients in blender and blend until smooth.

