



Blueberry Smoothie

Serves:



Preparation:
5 minutes

Ingredients

- 1 large ripe banana
- 1 tsp lime juice
- 75g fresh blueberries, plus extra to decorate
- 150ml plain yoghurt
- 1 tsp runny honey, optional

Method

Combine all the ingredients in a blender and puree until smooth. Pour into a glass and serve right away decorated with a couple of extra blueberries. Alternatively, make in advance, cover the surface with kitchen film and keep in the fridge until needed (although it will be more nutritious if you drink it right away).

Fuel learning

- Smoothies are an easy and tasty way to help you reach your 5 a day. All fruit and vegetables are a good source of vitamin C which helps to keep the brain cells active and protect them against ageing.

Tips

- Smoothies are great as you can make them up the night before, and drink them whilst on the go.
- You can use any soft fruit like strawberries, raspberries or peaches to make smoothies - and when fresh fruit isn't in season, try using canned or frozen fruit.