

Breakfast Fruit Smoothie

375
kcal



Serves 2

120g (4oz) ripe peach
½ banana, sliced
7 strawberries, chopped
4 tbsp (60g/2oz) low-fat Greek yoghurt
1 tbsp (30g/1oz) oatbran
1 tbsp linseeds
150ml (¼ pint) skimmed milk
Powdered or liquid sweetener to taste

Put all the ingredients in a blender goblet.
Blend until thick and smooth.
If it's too thick, just thin with a little water until you get the right consistency.

Tip

You can vary the fruit in this smoothie. Try raspberries or blackberries in place of strawberries. Use frozen berries and peaches tinned in natural juice (discard the juice before using).

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