

Strawberry and Soya Smoothie

Ingredients:

Tinned strawberries (in juice)
Soya Yoghurt (or dairy yoghurt if preferred)

Alteration:

Raspberries could be used in place of, or in addition to strawberries. Additionally, mixed summer fruits (available frozen for extra convenience) could be used in this smoothie

Method:

Add ingredients (including juice from tin) to blender and blend until smooth. If the mixture is too thick, a little soya/dairy milk can be added to loosen the smoothie.

