

Lathcoats Farm Recipes

Lathcoats Fruit Smoothies

Smoothies are so easy to make, in fact you can make it up as you go along!

Here is an idea to get you started

One handful of strawberries

One handful of raspberries

A third of a large ripe banana

A generous splash of apple juice

A raspberry fruit yoghurt (small one portion carton)

Whizz all the ingredients together in a blender then pour into glasses

Variations:

Try other fruits

Try varying the proportions of the ingredients to achieve your preferred thickness and consistency

Add some rolled oats for a “breakfast” smoothy