



Traffic light category: **Green <300mL**

Serves: 8

Ingredients

- 250g strawberries, washed, hulled and halved
- 125g blueberries, plus extra to serve (optional)
- 125g raspberries, plus extra to serve (optional)
- 1½ cups reduced fat plain or vanilla yoghurt
- 1 cup reduced fat milk
- ⅔ cup rolled oats, plus extra to serve
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1 cup ice cubes

Method

1. Place all ingredients, except extra berries and oats, in a blender and blend on high speed for 2 minutes or until smooth and creamy.
2. To serve, pour into glasses and garnish with extra berries and oats.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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