Very Berry Smoothie

Serves: 8

Ingredients

500g fresh or frozen mixed berries

1½ cups reduced-fat vanilla yoghurt

1 cup reduced-fat milk

⅔ cup rolled oats

1 tsp vanilla extract

2 tsp honey

1 cup ice cubes

Extra berries and sprinkle of oats to serve (optional)

Method

1. Place all ingredients in a blender and blend on high speed for 2 minutes or until smooth.

2. To serve, pour into tall glasses or cups and garnish with extra berries and oats.

Hungry for more?

Contact the Fuel to Go & Play® team
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