



Vegtastic Smoothie

Ingredients

- 2 kiwis
- 2 bananas
- 30g spinach
- 125ml Greek yoghurt
- 500ml milk
- 150g frozen strawberries
- Handful of raspberries

Equipment

- Knife
- Measuring jug
- Blender
- Drinking glasses

Serves 2-4 people

Method

For the first layer of the smoothie:

1. Carefully, peel and chop the kiwis and add them to the blender.
2. Peel the bananas and add one to the blender, along with the spinach.
3. Pour half of the milk and all of the Greek yoghurt into the blender and blend until smooth.
4. Fill each glass halfway.

For the second layer of the smoothie:

1. Add the strawberries and other banana to the blender.
2. Pour in the rest of the milk and blend the ingredients together until smooth.
3. Pour this into the top of your glasses.
4. Place a few raspberries on the top of each smoothie for decoration.

