



Baking with Gary (and Lilly)

MIXED BERRY SMOOTHIE

Prep: 10 minutes

No cook

Serves: 4

Ingredients:

450g bag frozen berries

450g pot fat-free strawberry yogurt

100ml milk

25g porridge oats

2 tsp honey (optional)

Method:

1. Weigh out all the ingredients.
2. Put the berries into a blender. Add the porridge oats, yogurt and milk. Whizz all the ingredients together until smooth.
3. Pour into 4 glasses and serve with a drizzle of honey, if you like.

