

Fruit Smoothies



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*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Milk	600ml	2.5 litres	6 litres
Yoghurt	300ml	1.75 litres	3 litres
Fruit	1½ cups	6 cups	15 cups

Method

1. Blend milk, yoghurt and chopped fruit in blender until smooth.
2. Pour and serve straight away.

Fruit ideas

- Bananas
- Strawberries
- Blueberries
- Canned peaches
- Frozen berries

⦿ Dairy free ⦿ Gluten free ⦿ Vegetarian ⦿ Egg free