



Strawberry and Banana Smoothie

Ingredients

7 strawberries (with the stalks removed)

1 banana (peeled, frozen and sliced)

180ml milk

2 tsp lemon juice

Method

Step 1

Wash the strawberries.

Step 2

Place all of the ingredients into a blender. Pop the blender on, onto a low speed and then gradually increase the speed until the texture is smooth and creamy.

Step 3

Pour into a glass, with a straw and enjoy!