



# Strawberry & Mint Smoothie

An easy way to getting your five a day!

## INGREDIENTS

250g strawberries, stalks removed  
250ml very low fat plain bio yogurt  
1 large banana, peeled  
3 tbsp Canderel granules  
10 mint leaves, optional  
1 tsp vanilla extract

## STEP BY STEP



1 Puree all the ingredients in a blender and then add Canderel.

## BEFORE YOU BEGIN

Serves  
3

Time  
preparation: 5 minutes  
cooking: 0

Per serving  
94kcal

Difficulty level

