



Berry and Banana Smoothie

This smoothie is simple, refreshing, and delicious—all things a good smoothie should be! Waking up with a filling smoothie gets you going for the rest of the day, and it makes you more energised and happy!



Ingredients

- 1 cup mixed berries
- 1/4 cup milk
- 150 g yogurt
- 1 banana
- 1 teaspoon vanilla extract
- 1 tbsp lemon rind

Method

Blend all ingredients together.