

BANANA, MAPLE & RASPBERRY SMOOTHIE

Prep time: 10 minutes **Serves:** 2

Ingredients

- 1 large ripe banana (230g), chopped coarsely
- 1 cup (135g) frozen raspberries
- $\frac{3}{4}$ cup (210g) greek-style yoghurt
- $\frac{3}{4}$ cup (180ml) milk
- 2 teaspoons pure maple syrup

1. Blend or process ingredients until smooth.
2. Serve over crushed ice, topped with extra raspberries and extra maple syrup, if you like.

Tips

Replace the raspberries with blueberries or strawberries, if you prefer, and add honey and ground cinnamon. Blend crushed ice with the ingredients for an even thicker smoothie. For a non-dairy version, use soy or coconut yoghurt and soy milk or light coconut milk.

