

MARCH  
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# SUPER FRUIT SMOOTHIE

## Ingredients

- ▶ 1 whole apple
- ▶ 300g of fresh strawberries
- ▶ 1/2 banana
- ▶ 1 pot of natural yogurt

## Directions

- Use a blender or Nutri-bullet to pulse the smoothie for 30sec intervals.
- Wait 1min
- Pulse again until it is crushed into a smooth pink juice/smoothie
- Add ice if required

**MADE BY  
LOTTIE  
(AGED 10)**

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[WWW.LIFEINAVAN.WEEBLY.COM](http://WWW.LIFEINAVAN.WEEBLY.COM) FOR MORE  
RECIPES

[LIFEINOURVAN@GMAIL.COM](mailto:LIFEINOURVAN@GMAIL.COM)