

# Snacky Stuff

## Fresh Fruit Milkshakes!



### Strawberry Milkshake

#### Ingredients:

10 fresh strawberries (fresh or frozen)  
1 pot low fat strawberry yoghurt  
75ml semi-skimmed milk

#### Equipment:

Hand blender  
Jug  
2 glasses



#### Recipe:

- 1 Remove the stalks from the strawberries if using fresh reserving 2 for decoration.
- 2 Place all ingredients into a jug and blend using a hand blender.
- 3 Pour into two glasses.
- 4 Half the two reserved strawberries and decorate the glass

### Banana Milkshake

#### Ingredients:

1 large banana  
1 small pot low fat natural yoghurt  
75ml semi-skimmed milk  
2 teaspoons honey  
2 tablespoons porridge oats  
5 tablespoons apple juice

#### Equipment:

Hand blender  
Jug  
2 glasses



#### Recipe:

- 1 Soak the porridge oats in apple juice for 1 hour.
- 2 Peel and roughly chop banana.
- 3 Place all ingredients, including oats and juice, into a jug and blend using a hand blender.
- 4 Pour into two glasses and serve.

### Fresh Fruit Milkshake

#### Ingredients:

4 oz orange juice  
4 oz grapefruit juice  
4 oz milk  
1/2 oz sugar  
2 drops vanilla extract

#### Equipment:

Hand blender  
Jug  
2 glasses



#### Recipe:

1. Pour the orange juice, grapefruit juice, milk, sugar and vanilla extract into a blender with 2 oz of ice.
2. Blend until smooth.
3. Pour into 2 tall glasses and enjoy.