

The Hive

Vince Ant's Big Berry Blast Smoothie

Try Vince Ant's new smoothie special for a fruity mouth-watering treat!



Ingredients:

350ml apple or orange juice

250g fresh or frozen mixed summer fruits
(raspberries, strawberries, blackberries, blueberries)

1 banana, peeled and chopped into chunks

2 tbsp honey

2 tbsp natural yoghurt

Summer fruits for decoration (optional)

Directions:

1. Put the fruit juice, summer fruits and banana into a food processor or blender and mix until thoroughly combined.
2. Add the honey and yoghurt and blend until smooth
3. Pour into 2 large glasses and decorate with extra fruits if desired
4. Serve your Vince-style smoothie with a straw.
5. Sit back and enjoy!

Always make sure you have adult supervision in the kitchen

