

Vicki's Favorite Smoothie

Serves 1

Ingredients

- ¼ cup frozen blueberries or mixed berries
- ½ a banana
- 1 Tbsp low fat natural yoghurt
- 1 cup vanilla soy drink
- 1 tsp flaxmeal



Method

1. Place the first four ingredients into a blender or into an appropriate jug if you have a hand blender. Blend until smooth.
2. Add a teaspoon of flaxmeal and stir to combine. Leave for approximately 5 minutes to thicken before drinking.