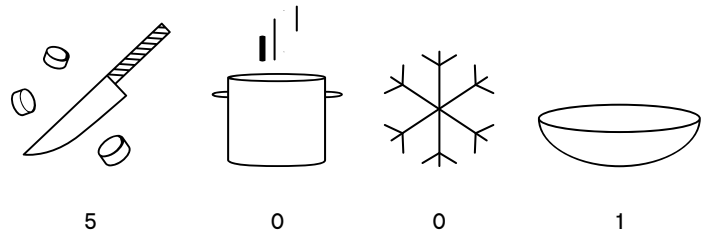




Red Berry Smoothie

Wake up at breakfast time with this wonderful, refreshing smoothie! Filled with flavour and antioxidants.



Ingredients

1 ripe banana

140g mixed berries (we used raspberries and blueberries)

Apple juice or water

The Groovy Food Company Organic
Brazilian Wildflower Honey

Directions

1. Slice up your banana and whizz in a blender with your fruits
2. Top up with water or apple juice to your desired consistency
3. Add honey to taste and blend one final time
4. Serve and enjoy!