

FRESH FRUIT MILKSHAKE

Utensils and equipment

- * Chopping board



- * Hand blender



- * Chopping knife



- * Jar/glass



- * Measuring jug



Ingredients

250ml fresh milk



½ a banana



6 medium sized strawberries or other fresh fruit in season



Method

1. Peel the banana, hull and wash the strawberries.



2. Chop the fruit.



3. Put the milk and fruit in a measuring jug. Using a hand blender, blend until smooth. Serve in a jar or glass.



Preparation time: 20 minutes

Serves: 1