BLUEBERRY BLAST

BERRY TASTY!

- 150g blueberries (fresh or frozen)
- 2 ripe bananas
- 800ml semi skimmed milk

Method

Make a delicious smoothie with fresh or frozen blueberries blended with bananas and semi-skimmed milk. Tip the blueberries into a blender and slice in the bananas. Add the milk. Whizz together for a few seconds until smooth and blended, then pour into 4 glasses.

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PiNA-NOLADA
SHUN THE RUM

• 1 small carton coconut water
• 1 can light coconut milk
• 1 large pineapple diced
• 1 banana

Add everything to a blender, making sure that the ice is at the bottom for easier blending.

Blend until smooth, approximately one minute, then pour into serving cups immediately.

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