



BLUEBERRY BLAST

BERRY TASTY!

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

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 large pineapple diced
- 1 can light coconut milk
- 1 banana

METHOD

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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