

Breakfast smoothie



Ingredients

- 1 small ripe banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix)
- apple juice or mineral water, optional
- runny honey, to serve

Method

1. Slice the banana into your **blender** or **food processor** and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits on top, drizzle with honey and serve.