



A juicy blackberry boost
Whip up this super smoothie

Super Smoothy!

What you need

Per person:

A handful of blackberries

1 banana

2 apples

Splash of fruit juice

1. Pick some ripe blackberries.
2. Blend the berries with the rest of the fruit and juice until it's smooth.
3. That's it!
Enjoy your super, fruity, berry smoothie!

Yum!



Top tips

Make a thicker smoothie by adding yoghurt or ice cream.

The perfect warm treat for a cold day – heat the smoothie before you drink it.

What other fruity combinations can you come up with?

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