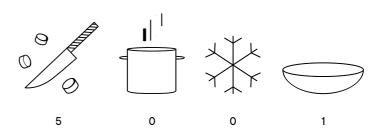




## **Red Berry Smoothie**

Wake up at breakfast time with this wonderful, refreshing smoothie! Filled with flavour and anti-oxidants.



## Ingredients

1 ripe banana

140g mixed berries (we used raspberries and blueberries)

Apple juice or water

The Groovy Food Company Organic Brazilian Wildflower Honey

## Directions

1. Slice up your banana and whizz in a blender with your fruits

2. Top up with water or apple juice to your desired consistency

- 3. Add honey to taste and blend one final time
- 4. Serve and enjoy!