

Mixed Berry Smoothie

 1 serving 281 Kcal / serving

Ingredients

- 100g - **Frozen mixed berries**
- 100g - **Natural yoghurt**
- 15g - **Baby spinach leaves**
- 1 tablespoon (10g) - **Sesame seeds**
- 150g - **Low fat milk (1.5% fat)**



The Method

Place all the ingredients into a blender and blitz until smooth, then pour into a tall glass to serve.

 Suitable for vegetarians