

# Cranberry and Raspberry Smoothie

A sweet and smooth breakfast or snack to get you going. Perfect if you need that extra kick to get you through the day!

 TIME TILL READY  
5 MINUTES

 SERVES  
4

Energy: 385kJ/92kcal

For more nutritional information please visit [www.lancashirefarm.com](http://www.lancashirefarm.com)

## Ingredients

- 200ml cranberry juice
- 175g frozen raspberries
- 100ml milk
- 200ml Lancashire Farm Natural Bio Yogurt
- 1 tbsp caster sugar
- Mint sprigs (optional) to serve

## Contains



## Method



### Step 1

Add cranberry juice, raspberries, milk, natural yogurt and caster sugar to the blender. Blend until smooth.



### Step 2

Pour and serve.