

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

Ingredients

- 1/3 pint cranberry juice
- 1/3 pound of frozen raspberries
- 1/5 pint milk
- 1/3 pint 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.