


Very Berry Smoothie

A simple refreshing smoothie perfect for breakfast. The Lancashire Farm Natural yogurt combined with honey creates a thick but smooth consistency. This is a sweet sensation that's quick and easy, so why not give it a try?

 TIME TILL READY
5 MINUTES

 SERVES
4

Energy: 393kJ/94kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 225g of frozen raspberries
- 170g of chilled Lancashire Farm Natural Bio Yogurt
- 60g of frozen cherries
- 1 1/2 tbsp honey
- 1 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 2 tsp fresh lemon juice

Contains



Method



Step 1

Grate your fresh ginger and squeeze 2 teaspoons of lemon. then blend with the raspberries, cherries, yogurt, honey and flaxseed in a blender until smooth.



Step 2

Pour and serve.