



Power Smoothie - Super Berry Smoothie

Ingredients

- Handful of frozen mixed berries
- 1 banana
- 2 tbsp low fat no added sugar natural Greek yoghurt
- 200ml fresh orange juice
- 1 tsp flax seeds

Directions

Simply blend all of the ingredients in a Nutri Bullet, food processor or kitchen blender and serve immediately. The flax seeds in this recipe are a great source of omega 3 fatty acids.

This recipe will make two glasses of smoothies.