

Berry Blast Smoothie

Ingredients



Remember: wonky or overripe ingredients are just as tasty — and using them up means less food waste!



**1 cup mixed
berries**



½ banana



**A splash of
cold water**

Instructions



Did you know? Each strawberry has about 200 tiny seeds on the outside and is rich in vitamin C!

- 1.** Cut up the fruit
- 2.** Put all the ingredients into the blender
- 3.** Blend until it's a smooth texture
- 4.** Pour into a cup
- 5.** Sip and enjoy!

