

Berry and Mint Smoothie

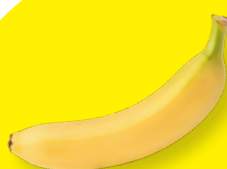
Ingredients



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



A handful of mint leaves



Instructions



Did you know? Bananas are berries because they contain tiny seeds! They are also rich in natural sugars which is great for an energy boost.

- 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!

