



*Raspberry, Pear & Vanilla Smoothie*

# Raspberry, Pear & Vanilla Smoothie



Prep 10 minutes



Makes 1.5L / Serves 4

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**300g reduced fat vanilla yoghurt**

**2 pears, quartered**

**2 bananas, halved**

**200g frozen raspberries**

**350ml reduced fat milk**

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Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.

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Prep 10 minutes



Serves 1

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**½ pear, chopped**

**½ banana, chopped**

**120g frozen raspberries**

**180ml reduced fat milk**

**100g reduced fat vanilla yoghurt**

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Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.