

Summer Strawberry Milkshake

Serves 4

250g punnet strawberries, washed and hulled

150g carton Greek style yogurt

500ml fresh milk, chilled

2 tablespoons icing sugar, sieved

Tangy Summer Fruit Smoothie

500g pack frozen summer fruits, defrosted

1-2 bananas, peeled

200ml carton creme fraiche

100ml carton coconut cream

To Decorate:

mint sprigs

25g desiccated coconut

Rhubarb and Raspberry Smoothie

2 x 150g cartons R hubarb yogurt

125g punnet raspberries (reserving some for decorating)

350ml milk

freshly ground black pepper

Strawberry and Banana

600ml skimmed milk

300g virtually fat free natural yogurt

200g strawberries, hulled

4 ripe bananas, peeled

4 teaspoons clear honey or to taste