

## **Breakfast Smoothie**

**Serves 4**



### **Ingredients**

- 2 ripe bananas, peeled
- 8 strawberries, tops removed and washed
- 1 cup Yoplait formé vanilla yoghurt
- 1 cup natural muesli
- 2 cups Pura Tone milk
- 2 cups ice
- 1 tbsp honey

### **Method**

Place all ingredients in a blender, cover and blend till smooth.