



## Breakfast Recipe:

# Chunky fruit smoothie



Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Having a breakfast full of fruit is a great source of Vitamin C and antioxidants which can help you feel good!

Confident

## Ingredients:

1 large banana, 50g frozen fruits, 50g low-fat natural yoghurt

## Method:

1. Slice the banana into a blender and add the frozen fruit.
2. Add the low-fat yoghurt.
3. Blend together for just 10-15 seconds, to still keep some of the fruit chunks, then pour into a glass and enjoy!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO  
**FEEL 100%?**