



Breakfast

Raspberry & strawberry yoghurt smoothie

Serves 1

Calories 148, Carbohydrates 18g
Protein 11g, Fibre 4g, Salt 0.4g

40 g (1 1/2 oz) strawberries, hulled
40 g (1 1/2 oz) raspberries
120 g (4 oz) low-fat greek yoghurt
100 ml (3 1/2 fl oz) skimmed milk a few
ice cubes

If you prefer sweet over savoury for breakfast, this substantial fruity smoothie will keep you feeling satisfied all morning.

METHOD

Tip all of the ingredients into a blender or food processor and blitz until thick and creamy.

Serve immediately.

TIPS & VARIATIONS

All ingredients can be frozen and blitzed just before serving.

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