



Smoothie Menu

Banana Smoothie

- 4 oz plain Yoghurt
- 4 Bananas
- 1 cup Cold Milk
- ½ cup crushed ice / Ice Cream
- ½ cup fresh Apple Juice



Mixed Berry Smoothie

- 4 oz plain Yoghurt
- 1 cup sliced fresh Strawberries
- 1 cup Mixed berries e.g. Raspberries, Blueberries, Blackberries
- 1 cup cold milk
- ½ cup crushed ice / Ice Cream (Optional)
- Honey to sweeten if required

Peanut Butter Smoothie

- 1 cup Cold Milk
- ½ cup vanilla Ice Cream
- 2 tblsp smooth peanut butter
- 1 frozen banana

Chocolate Smoothie

- 3 cups skimmed milk
- 2 large bananas
- ½ teaspoon Vanilla extract
- ½ cup chocolate ice cream



Orange Smoothie

- 8 oz Plain fat free Yoghurt
- 2 Ripe bananas
- 1 cup fresh orange juice
- 1 teaspoon lemon juice
- Add crushed ice / honey (optional)



Lime Smoothie

- ½ cup vanilla ice cream
- 8 oz Plain fat free Yoghurt
- 1 frozen banana
- 1 cup Lime Cordial
- 1 teaspoon lemon juice
- Add crushed ice / honey (optional)

