

# Fruit Smoothies

## An 'After School Club Healthy Snack' Recipe

*Recipe provided by Holistic Nutritionist Sarah Green*

2 x 500 ml	Tubs of Plain Greek Yogurt
3/4 cup	Maple Syrup, Agave Nectar or Honey (add a little more if not sweet enough)
2 bags	Frozen Strawberries mixed with banana (or just strawberries)
8 cups	Water (add more if too thick)
1 tray	Ice Cubes (add more if too thin)

