



SUNRISE SMOOTHIE

Serves

2

Prep

7 min

Method

Rinse apricots and blend them with the natural plain yoghurt, 90ml of the milk, half of the honey until smooth. You can add a little extra milk to correct the consistency. The consistency has to remain thick enough to prevent the strawberry smoothie on top to go right to the bottom of the glass and blend with the apricots

Pour the apricot smoothie in 2 glasses until half full

Rinse and cut the fresh strawberries in half. Blend with the remaining milk and honey until smooth and pour carefully on top of the apricot smoothie

Ingredients

175g fresh strawberries

175g fresh apricots, stones removed

60ml natural plain yoghurt

170ml milk or dairy free option such as almond, rice, soya milk

1 tbsp honey or agave syrup