

Mixed Berry & Orange Smoothie

Serves 3

Preparation Time: 5 mins

Cooking Time: None

Weight Watchers Recipe: 9 ProPoints, Per Serving: 3 ProPoints

Enjoy part of your 5-a-day in one glass.

Ingredients

- ❖ 500g (1 lb) frozen berries [e.g. strawberries, blackberries, blueberries, black currants, red currants, etc.], partially thawed
- ❖ 30ml (2 tbsp) caster sugar
- ❖ 300ml (½ pint / 1¼ cups) freshly squeezed orange juice
- ❖ 60ml (4 tbsp) single [light] cream [optional]

Directions

1. Tip all but a few summer fruits into a blender or food processor and add the sugar and orange juice. Blend until smooth, adding a little more orange juice if the mixture is too thick.
2. Pour the smoothie into 3 tall glasses and, using a teaspoon, swirl a little cream into each glass. Top with the reserved fruits and serve with long spoons to mix the cream.

Notes

- If you do not want to squeeze the oranges, you can buy juice – but avoid the concentrated juices.

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