

MORNING GLORY BREAKFAST SMOOTHIE

SERVES 2 **PREPARATION TIME** 2 minutes **VITA-MIX TIME** 1 minute
IF USING THE 32oz CONTAINER: Halve the quantities

250ml/9fl oz/1 cup natural yogurt
300ml/10½fl oz/1¼ cups pomegranate
juice
1 banana, peeled and halved
150g/5½oz/1 cup frozen blueberries

- 1 Put the ingredients in the Vita-Mix machine in the order listed and secure the 2-part lid. Select VARIABLE speed 1. Turn the machine on and increase the speed to 10, then to HIGH. Run for 30 seconds or until smooth. Pour into glasses and serve immediately.



For more recipes and information, log on to
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