

Adios™

A natural aid for slimming



VERY BERRY SMOOTHIE

Calories per serving: 126
Preparation time: 5 minutes
Serves: 1

Ingredients

1 small ripe banana
140g strawberries, raspberries, blueberries or blackcurrants
(or use a mix), plus extra to serve
Apple juice



Method

- 1 Slice the banana into your blender or food processor
- 2 Add the berries of your choice. Whizz until smooth
- 3 With the blades whirring, pour in juice or water to make the consistency you like

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: