

# SMOOTH OPERATOR

## Tutty Fruity Smoothie

Serves 1

**Ingredients:**

- ¼ kiwi, sliced
- ¼ banana, peeled and chopped
- ½ tablespoon blueberries
- 2 strawberries
- 3 - 4 ice cubes
- 2 tablespoons orange juice
- 4 tablespoons low-fat plain yoghurt

**Method:**

1. In a blender, blend the kiwi, banana, blueberries, strawberries, ice cubes, orange juice, and yogurt until smooth.

**Nutrition Information (Per Serving)**

Energy:	134 kcal
Protein:	3.6 g
Total fat:	1.1 g
Saturated fat:	0.3 g (27.3% of total fat)
Cholesterol:	4 mg
Carbohydrate:	25.5 g
*Carbohydrate exchange:	1.7 exchanges

