

SUMMER SMOOTHIES



Serves 2



Prep Time Peach: 5 mins; Plum: 10 mins



INGREDIENTS

Breakfast Peach Smoothie:

- 410g can **Wattie's Peaches Sliced in Clear Fruit Juice**, drained
- 1 weetbix
- ½ cup mixed frozen berries or 1 banana
- ½ cup natural yoghurt
- ½ cup milk

METHOD

Breakfast Peach Smoothie:

1. Put all the ingredients into a blender and blend until smooth.

Plum, Banana and Ginger Coconut Smoothie:

1. Drain **Wattie's Black Doris Plums**. Remove the stones and put half the

plums into the blender. Add remaining ingredients and Kale or spinach leaves if using and blend until smooth.

Plum, Banana and Ginger Coconut Smoothie:

- 850g can **Watties Black Doris Plums in Syrup**
- ¼-½ tsp finely grated fresh ginger
- 1 banana
- Handful fresh baby kale or spinach leaves
- 1 cup coconut water

TIPS

Plum, Banana and Ginger Coconut Smoothie:

- The remaining plums and juice can be put in a container and refrigerated.
- Ensure coconut water is chilled before using.