

Strawberry, banana, honey and oat smoothie

This tasty smoothie gives you a great, refreshing start to the day as well as providing you with two of your 5-a-day fruit and vegetables.

Ingredients

- Handful of ripe strawberries
- 1 Fairtrade banana, peeled and sliced
- 25g porridge oats
- 1 tablespoon Traidcraft honey
- 150ml natural yogurt
- 100ml Fruit Passion apple juice



Method

1. Place all the ingredients in a blender or food processor and blend to a smooth, thick drink.

Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)