USE IT UP™

EAT ME UP

OZHARVEST

FRUIT PLATTER SMOOTHIE

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5 MIN	5 MIN	2
Prep time	Cook time	Serves

NEED

- Leftover fruit salad or platter
- Yogurt
- Milk
- Honey (optional)

Smoothies are a quick and easy way to use up any leftover fruit. For a non-dairy option, try using coconut milk. Also, freeze in ice block moulds for a healthy dessert on a hot day!

HOW

1. Freeze your leftover fruit by spreading it on a flat tray lined with baking paper – this is the best way to avoid it turning into a big ice block, which you don't want!
2. Once frozen you can either store in bags or containers and keep for another day, or pop it straight in the blender.
3. Use as much fruit as you like, add a large spoon of yoghurt and cover 3/4 of fruit with milk. Blend until smooth.
4. If it's too thick, just add a bit more milk and for extra sweetness, add a little honey. Enjoy!

A Recipe by

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SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.