



Our  
Cassowaries  
love fresh  
fruit!

# Berry Smoothie

## Ingredients

- 1 ½ cups apple juice
- 1 banana sliced
- 1 ½ cup frozen mixed berries
- ¾ cup greek yoghurt

1. Place the apple juice, banana, berries, and yoghurt in a blender and blend until smooth. Add more liquid if desired.
2. Pour into two glasses and enjoy!

