



All fruit smoothie

Ingredients:

150g (5 oz) blueberries

2 apples - peeled, cored and chopped

200g (7 oz) raspberries

100g (4 oz) seedless grapes

3 tablespoons caster sugar

1 tray ice cubes



Method:

1. In a blender, combine blueberries, apples, raspberries, grapes, sugar and ice.
2. Blend until smooth.
3. Pour into glasses and serve.