**Fruit and Yogourt Smoothie**

This healthy smoothie is good for you and delicious. Experiment with different fruits (bananas, apples, mangoes, etc.) and flavoured yogourts.

Pour these ingredients into a blender:

* 2 cups frozen berries
* 1½ cups milk
* 1½ cups orange juice
* 1 cup vanilla yogourt

Blend until smooth.

Recipe serves four.