

Strawberry and Kiwi Shake

Ingredients (Serves 2)

200g/8oz strawberries, chopped

1 kiwi fruit, peeled and chopped

25g/1oz castor sugar

200ml of low protein milk

Method

1. Place the strawberries and kiwi in a blender and blend together for 1 minute.
2. Add the sugar and low protein milk and blend for a further 2 minutes.
3. Pour into glasses and serve.