Community Integrated Care®

Breakfast Shake!

CARE TO COOK

What you will need



200ml Milk



Frozen Berries.



2 Tablespoons of Yoghurt



Honey



A Blender



Measuring Spoons



Measuring Jug



Apron

Method

Wash your hands and put on your apron.



Add 2 handfuls of frozen berries to the blender.



Measure out 200ml of milk.



Add the milk to the blender.



Add 2 tablespoons of yoghurt to the blender.



Add a squeeze of honey to the blender.



Place the lid back on top of the blender.



Blend until smooth and serve!

