



# Amelia's straight up brekkie smoothie



Being a busy mum our Amelia, co-founder of The Collective UK, sure knows how to whip up a top brekkie in a hurry.

### Alrighty, you'll need:

- 1 handful fresh blueberries + raspberries
  - 1 banana
  - 5 big dollops\* of Straight Up yoghurt (got to get your greens in!)
  - 100ml water
  - 2-3 ice cubes
  - 1 handful of spinach or kale
- \*dollop = 1 heaped tablespoon

### Now you just need to:

1. Whiz all your ingredients together in a blender.
2. Keys...check! Phone...check! Bag...check!
3. Race out the door with your smoothie \*grin\*.

Amelia's tip: Pop in a bowl and you'll have yourself a snazzy smoothie bowl.



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