

Make it at home!

Two easy recipes for you to make using Scottish strawberries



Very Berry Smoothie - serves 2

You will need:

About 8 strawberries, green hulls removed

1 small ripe banana, roughly chopped

200ml cold milk

1 teaspoon of honey

1 carton strawberry yoghurt or fromage frais

What to do:

The easiest recipe ever! Put all the ingredients in a blender or smoothie maker and whizz until smooth and frothy.

Strawberry Pancakes - serves 4

You will need:

4 tablespoons apricot jam

3 tablespoons hot water from a kettle

1 teaspoon cinnamon powder

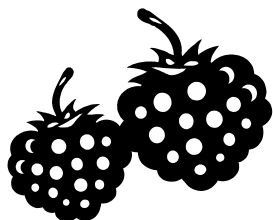
450g fresh strawberries, hulls removed and cut into small pieces

8 pancakes

What to do:

1. Get an adult to help you mix together the apricot jam, hot water then add the cinnamon powder and stir well.
2. Add the strawberries to the jam mixture and stir
3. Toast the pancakes then top with the strawberry mix and serve

PS: This also tastes great on french toast or even cereal!

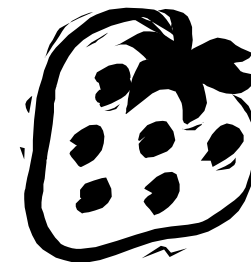


For more about berries and lots of easy recipes, visit:

www.berryscotland.com

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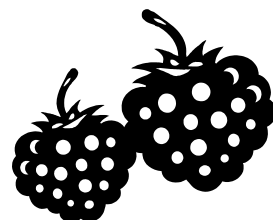
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