

## **Boysenberry and Kiwi Smoothie**

### **Ingredients**

1 x kiwifruit  
100gm boysenberries  
100ml orange juice  
2 tbl low fat natural yoghurt  
1 tbl icing sugar

### **Method**

Process all ingredients in a blender and chill before serving.

Boysenberry Recipes : [www.foodownunder.com](http://www.foodownunder.com)