

## SMOOTHIE RECIPES



### Banana Breakfast Smoothie

#### Ingredients (Serves 2x250ml)

- 115ml Natural Yoghurt (low fat)
- 125ml Milk (Semi Skimmed)
- 1 Kiwi Fruit (peeled) (60g)
- 1 Medium Banana - Very Ripe (120g)
- 80g Raspberries (frozen)
- 2 Tablespoons Whole Organic Oats (25g)

#### Method

1. Soak the oats in a little milk for 10 minutes to soften.
2. Place the oats, milk followed by the rest of the ingredients into a steep-walled container, if using a stick blender, or a liquidizer.
3. Blend till smooth for 1 minute.
4. Serve in a tall glass.

#### Key Nutrients

Portion	250g	100g	
Calories	<b>184 (kcal)</b>	<b>73 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	3.1g	1.2g	Low
Saturates	1.1g	0.5g	Low
Sugars	21.9g	8.6g	Med
Salt	0.2g	0.1g	Low
Protein	7.8g	3.1g	-

#### Low Fat

**Allergen Info: Milk, Oats**