

## Nutritious & Delicious Smoothie Recipes



**Monkey Business**

### Ingredients (Serves 2x260ml)

- 120ml Natural Yogurt (low fat)
- 120ml Milk (Semi Skimmed)
- 2 Small Eating Apples (Gala) (140g Peeled Weight)
- 1 Medium Banana - Very Ripe (100g) (peeled)
- 2 Tbs Peanut Butter (crunchy or smooth) **(without added salt)**
- 4 Cubes of Ice

### Method

1. Peel the apples and remove the seeds and cut into small pieces.
2. Place the yoghurt, apples, ice and milk into a steep-walled container, if using a stick blender, or a liquidizer and blend for 1 minute.
3. Add the banana and the peanut butter and blend till smooth for 1 minute.
4. Serve in a tall glass.

### Key Nutrients

Portion	<b>250g</b>	<b>100g</b>	
Calories	<b>224 (kcal)</b>	<b>90 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	9.1g	3.7g	Med
Saturates	2.9g	1.2g	Low
Sugars	25.5g	10g	Med
Salt	0.3g	0.1g	Low
Protein	8.9g	3.6g	-

**Allergen Info: Peanuts, Milk**