

BANANA, OAT AND HONEY SMOOTHIE

GRAB

- ¼ mug oatmeal
- 1 banana, peeled and chopped
- 1 tablespoon honey
- ½ mug milk
- 2 tablespoons natural yoghurt
- 1 teaspoon cinnamon (optional)

Feeds 1-2
5 minutes



This gorgeous smoothie will help you to feel energised in the morning and full until break time. Oats are high in fibre, which is great for digestion. Try this smoothie if you have a long commute to uni.

GO

I Dead easy – put everything in the blender, make sure the lid is on securely and blitz for 10 seconds or until smooth. Pour into a glass and enjoy.

If you don't have a blender you can just mash the chopped banana with a fork, put it in a jug with the other ingredients and whisk until thoroughly mixed.

