

BREAKFAST SMOOTHIE GUIDE



4 over-ripe
bananas



2 cups natural
yoghurt



2 tbsp
rolled oats



2 cups low
fat milk



1 cup ice
cubes



2 passionfruit
(optional)



4 tsp honey
(optional)

Place all ingredients except passionfruit into a blender and blend until smooth. Pour into glasses and garnish passionfruit.

- ✓ High in calcium
- ✓ Rich in fibre
- ✓ Keep you fuller for longer
- 💡 Try adding 1/2 cup frozen raspberries
- 💡 Great with dairy alternatives such as almond milk

