



LIFELINE RECIPES

March 2022



Whizz up a low fat breakfast smoothie in no time. Use banana with other soft fruit, plus honey for a little sweetness and oats for slow-release fuel. Nutritional and delicious!

METHOD

Put all the ingredients in a blender and whizz for 1 min until smooth.

Pour the banana oat smoothie into two glasses to serve.



2 MINUTE BREAKFAST SMOOTHIE

PREPARATION TIME:

2 mins

COOKING TIME:

No cook

SERVES:

2

INGREDIENTS

1 banana

1 tbsp porridge oats

80g soft fruit
(whatever you have – strawberries,
blueberries, and mango all work well)

150ml milk

1 tsp honey

1 tsp vanilla extract