



CHOC BANANA BREAKFAST SMOOTHIE



Ingredients:

- 2 frozen bananas
- 100g frozen blueberries
- 1 cup of milk of your choice (we suggest cow's milk)
- 1 cup Greek yoghurt, low fat
- 1 heaped tablespoon of Milo
- ¼ cup of rolled oats
- 1 teaspoon of honey

Method:

1. Add all ingredients and blend for a minute.
2. Pour in tall glasses and garnish with more banana and a handful of oats. Enjoy straight away.

Nutrition Information

Serves 2 people

Nutrient	Per serve
Energy	1522 kJ
Protein	18 g
Fat	6.2 g
Carbohydrate	30.6 g
Fibre	7.3 g
Calcium	416 mg



HOT TIPS

This smoothie provides a great source of calcium. Consuming adequate amounts of calcium and vitamin D (also received from the sun), as well as doing weight bearing exercise, helps develop and maintain strong bones that are more resistant to fracture and osteoporosis later in life.