

HEALTHY RASPBERRY AND BANANA SMOOTHIE



YOU WILL NEED

- ☆ 1 banana
- ☆ 1/2 cup raspberries (fresh or frozen)
- ☆ 1/4 cup of natural yogurt
- ☆ 1/4 cup of oats
- ☆ 1/2 tablespoon of honey
- ☆ cinnamon to dust

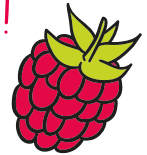
TOP TIP!

You can use frozen bananas and frozen raspberries for an iced effect or fresh fruits for a creamier one!

HOW TO DO IT:

1. Peel and slice the banana into the blender.
2. Add the raspberry, milk, yogurt and oats.
3. Drizzle the spoon of honey into the blender as well.
4. Blitz all together until smooth and light pink coloured.
5. Dust with cinnamon to serve.

EXTRA YUMMY IDEAS:



- ☆ Add extra berries – blackberry, blueberries and strawberries
- ☆ You can add mint leaves for a nice fresh taste
- ☆ Add some vanilla ice-cream for a milkshake twist!
- ☆ Change oats for muesli or granola for extra crunch
- ☆ Chopped nuts are a delicious topping too! Walnuts, peanuts and even almonds!
- ☆ Grate on some chocolate instead of the cinnamon or drizzle on some chocolate sauce!