



Nutty Banana Smoothie

PREP: 5 MINUTES
COOK: 0 MINUTES
SERVES 1

Recipe provided by
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Professional, Food Author and Cook.

ENERGY	FAT	SATURATES	SUGAR	SALT
894kJ 210kcal	4.5g LOW	0.7g LOW	22g MED	0.34g LOW
11%	6%	3%	24%	6%

of your reference intake
Typical values per 100g: Energy 235kJ/55kcal

Ingredients

125ml almond milk or hazelnut milk

125ml cashew milk

20g porridge oats

Medium ripe banana

Dash of vanilla extract

Method

1. Peel the banana and roughly chop, keeping a little piece back for serving. Place the chopped banana, 15g of the porridge oats, vanilla extract, almond and cashew milk in a blender and blend until smooth.
2. Pour into a tall glass, sprinkle on the remaining oats and top with the reserved banana - serve straight away.