

Straw-banana breakfast smoothie

Preparation time

5 minutes

Serves

1

Recipe courtesy of

Katherine Dahdah, Accredited Practising Dietitian (APD)



Ingredients

Method

Nutrition

1 medium banana

1 cup milk

5 strawberries

3 tsp chia seeds

1/5 cup rolled oats (about 20g)

few ice cubes (optional)

1. Place all ingredients into a food processor and blend until smooth.
2. Serve in a glass with a side of fresh fruit, or pour directly over your favourite cereal.

Nutritional information is provided per serve

Engery 1318kJ (315 calories)

Protein 15g

Saturated Fat 0.7g

Total Fat 5.6g

Carbohydrates 46g

Sugars 29g

Dietary Fibre 9g

Sodium 101mg