Straw-banana breakfast smoothie

Preparation time

5 minutes

Serves

1

Recipe courtesy of

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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