

Recipe of the Week 10 Banana and berry smoothie

Smoothies are an easy way to get fruit into your diet to enhance recovery, support health and help prevent illness during the winter months. The banana and berry smoothie is high in antioxidants which could reduce the occurrence of upper respiratory tract infections (including coughs and sore throats).

Tip: to increase the carbohydrate and energy content of the snack you can add rolled oats.



Ingredients

2 bananas
80-100g strawberries
80 – 100g raspberries
400ml semi-skimmed milk
75g – 100g low fat vanilla yogurt
Handful of ice
50g rolled oats (optional)

Serves: 2-4
Preparation time: 2-minutes
Cooking time: 1-minutes

Each serving contains Energy (kcal) – 140kcal Carbohydrates – 15g Protein – 11.5g Fat – 3g (2g saturated)
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Method

Peel the banana, de-stalk the strawberries and wash them along with the raspberries.

Pour the yogurt and milk into the blender with the ice and then blitz for 30 seconds or until smooth.

Add all the fruit and oats to the mixture, and then blend until fully mixed with a smooth consistency.

Image from (my recipes.com, 2009)

