



# BREAKFAST *smoothie*



HEALTHYFOOD  
STUDIO

## INGREDIENTS

- 1 Apple, chopped or grated
- 200 g Strawberries  
(replace with mango, berries,  
or pineapple for variation)
- 1 Banana
- 1 tbsp Almond butter or peanut  
butter with no added salt or  
sugar
- 3 tbsp Oat bran
- 1 cup Fat free or low fat  
plain yoghurt
- ½ cup Fat free or low fat milk
- 1 tsp Honey

## METHOD

- 01 Place the yoghurt, milk, oats and nut butter in a food processor and blend until smooth.
- 02 Add the fruits and honey and continue blending until smooth.
- 03 Pour into chilled glasses and serve chilled.

Tip: To produce chilled smoothies easily, use frozen berries or freeze the banana the night before.