



HEALTHYFOOD
STUDIO

CELEB CHEF SARAH GRAHAM

BANANA POWER *smoothie*

INGREDIENTS

- 1 Banana (preferably frozen)
- ½ cup Milk
- ½ cup Water
- 1 tbsp Chai seeds / almonds
- 1 tsp Peanut butter
- Yoghurt
- Handful baby spinach

METHOD

- 01 Blitz all ingredients together
- 02 Add extra water if needed and share between 2

SERVES

2

 Discovery
Vitality

 W
WOOLWORTHS