

Breakfast Smoothie

Ingredients:

Raisins (2tbsp)

1 Banana (peeled and chopped)

Oats (2tbsp)

Soya yoghurt/dairy yoghurt (3tbsp)

Soya milk/dairy milk (to loosen if smoothie is too thick)

Alteration:

Additional dried fruit can be added, or can be used in place of raisins. For example, apricots and prunes

Method:

Put all ingredients, apart from the milk, into a blender and blend until the mixture has reached a desired consistency. If the smoothie is too thick, milk can be added.

