

Banana & Peanut Butter Smoothie

THIS RECIPE IS BROUGHT TO YOU BY
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SERVES 2

Ingredients

- 1 cup milk
- 1 chopped banana (frozen is best)
- 1 tbsp peanut butter
- 1 tsp honey
- 3 tbsp natural Greek yoghurt
- 1 pinch cinnamon

Method

Blend all ingredients

