



BREAKFAST SMOOTHIE

*An easy to make low fat breakfast
smoothie with oats for slow release
energy*

Breakfast Smoothie



Ingredients

- 1 banana
- 1 tablespoon of porridge oats
- 80g soft fruit (strawberries, blueberries etc)
- 150ml oat milk (use other alternatives if you prefer)
- 1 teaspoon of honey
- 1 teaspoon of vanilla extract

Method

- Put all the ingredients into a blender and blend for at least 1 minute until smooth

www.halsawellbeing.co.uk

Email: info@halsawellbeing.com

Tel: 03300 552122