



Breakfast Smoothie

Is breakfast the most important meal of the day for you, or are you in just too much of a rush in the morning? Try this delicious smoothie to set you up for the day. You can still eat your favourite fruits when they're not in season – just buy them ready frozen.

Nutritional information per portion (268g):

calories	fat	saturates	sugars	salt
141.8	2.3g 3%	1.4g 7%	23.5g 26%	0.2g 3%

of an adult's guideline daily amount



Wheat/gluten, dairy and nuts

Equipment

Weighing scales
Colander
Sharp knife
Chopping board
Measuring jug
Measuring spoons
Blender
Tall glasses x 2
Drinking straws

Ingredients

Serves 2

75g blackberries OR other berries of your choice (fresh or frozen)
1 medium banana, ripe
150ml semi-skimmed milk
150g low-fat yoghurt OR a small pot
1 x 5ml spoon honey
50g unsweetened muesli (optional)



Top Tip

- Using frozen berries will slightly chill the smoothie.





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Method

1. Wash the berries in the colander (if using fresh).
2. Peel the banana and chop into pieces.
3. Put the milk, yoghurt, honey, fruit and unsweetened muesli (if using) into the blender.
4. Blend for 30–40 seconds or until all the ingredients are smooth.
5. Pour into 2 tall glasses or into a flask, if you are drinking this 'on-the-go'.

Prepare now, eat later

- All the ingredients can be weighed out ready to make the smoothie, but for best results blend just before you are ready to serve.
- Any leftover smoothie could be covered and stored in the fridge for 1–2 hours. Stir well before serving. Alternatively, freeze in ice-lolly moulds.

Something to try next time

- Muesli makes the smoothie quite crunchy, so if you want a smooth 'smoothie' leave it out, or sprinkle the muesli on top.
- Try making this with a variety of different berries.
- Leave out the honey if you use sweetened muesli.
- Try replacing the porridge oats with the same weight of muesli.

