

Creative Gourmet

Banana Breakfast Smoothie



Serves
2



Prep Time
5 min



Cook Time
5 min



Ingredients

- 100g Creative Gourmet Banana Chunks (thawed)
- 1/2 cup Greek yogurt
- 1/2 cup unsweetened almond milk
- 1/3 cup rolled oats
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla bean (optional)
- 2 teaspoon honey



Products Used In This Recipe

Method

1. Thaw Frozen Creative Gourmet Banana Chunks in the fridge for 30 minutes.
2. Place all the ingredients into a blender and blend until mixture is well blended and texture is creamy and smooth.
3. Pour into 2 tall glasses and serve.