

After School Banana Smoothie



4.00 PM



SERVES



PREP TIME



EASY



BLENDER

INGREDIENTS:

- 2 bananas, peeled
- 200 ml plain yogurt
- 300 ml milk
- 100 ml orange juice
- 2 tsp honey
- 3 – 4 ice cubes

METHOD:

- Place the banana, yoghurt, milk, orange juice, honey and ice into the blender.
- Blend on medium speed for 2-3 minutes or until the mixture is smooth and creamy.
- Pour into glasses and serve.