

# Brekkie smoothie

Makes 2 small serves

## Ingredients

- 1 banana
- ½ cup blueberries, fresh or frozen
- ¼ cup rolled oats
- 1 cup reduced fat milk

## Method

1. Peel and break banana into chunks.
2. Add ingredients to a blender.
3. Blend for 1 minute or until smooth.



| NUTRITION INFORMATION       |           |          |
|-----------------------------|-----------|----------|
| Servings per recipe: 2      |           |          |
| Average serving size: 260ml |           |          |
|                             | Per serve | Per 100g |
| Kilojoules (kJ)             | 861       | 331      |
| Protein (g)                 | 7.4       | 2.9      |
| Total fat (g)               | 2.9       | 1.1      |
| - Saturated fat (g)         | 1.4       | 0.5      |
| Carbohydrates (g)           | 35.5      | 13.7     |
| - Sugars (g)                | 22.3      | 8.6      |
| Fibre (g)                   | 3.9       | 1.5      |
| Sodium (mg)                 | 47        | 18       |

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines