

BREAKFAST SMOOTHIE

INGREDIENTS	OVEN
1 banana or similar fruit 350ml milk 5ml syrup	not required

METHOD

1. Mash banana well.
2. Measure milk and place in the goblet of the blender.
3. Add fruit and honey.
4. Place lid securely on the blender and blend until smooth.
5. Chill until ready to use.
6. Add ice if wished and pour into glasses to serve.