



Breakfast Smoothie

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Prep 10 minutes



Makes 1.5L / Serves 4

60g oat bran

2 tablespoons chia seeds

8 fresh medjool dates, pitted

2 bananas, halved

800ml chilled unsweetened almond milk

200g Greek yoghurt

1 ½ tablespoon honey or maple syrup (optional)

Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.



Prep 10 minutes



Serves 1

2 tablespoons oat bran

1 tablespoon chia seeds

4 fresh medjool dates, pitted

1 banana, chopped

400ml chilled unsweetened almond milk

80g Greek yoghurt

2 teaspoons honey or maple syrup (optional)

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.