

Tropical Breakfast Smoothie



Ingredients

100g/3½oz fat-free Greek-style yoghurt
1 small banana (75g/2½oz peeled weight), broken up
175ml/6fl oz skimmed milk
pinch ground cinnamon

Method

Put all the ingredients in a food processor and blend until smooth.
Pour into a glass and serve, or into a takeaway bottle and drink on the go.