

Banana oat breakfast smoothie with a plate of pancakes



Ingredients

1 banana

1 tbsp porridge oats

80g soft fruit (whatever you have – strawberries, blueberries, and mango all work well)

150ml milk

1 tsp honey

1 tsp vanilla extract

1 tbsp porridge oats

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150ml milk

1 tsp honey

1 tsp vanilla extract

Method

STEP 1

Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2

Pour the banana oat smoothie into two glasses to serve.