

SMOOTHIE

 10 minutes 10 minutes

INGREDIENTS

- 1 cup frozen bananas
- 1 cup frozen blueberries
- 2 tbsp honey, cinnamon, your choice of milk a little water

COOKING METHOD

1° "Blender"

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	182 kcal	9 %
FAT	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 %
CHOLESTEROL	0 mg	0 %
SODIUM	2 mg	0 %
CARBOHYDRATE	49 g	16 %
SUGARS	44 g	—
FIBER	1 g	6 %
PROTEIN	1 g	—