

**BANANA BREAKFAST SMOOTHIE**

1 portion

INGREDIENTS

- 1 large bananas, raw [136 g]
- 100 grams of yogurt, Greek, plain, nonfat
- 1/2 cup of skim milk, [123 g]
- 2 tsp of honey [11 g]
- 1/4 cup of rolled Oats
- 1/2 tsp cinnamon, ground [1 g]

COOKING METHOD

- 1° Add all ingredients to a blender and mix. Add Extra milk if prefer lighter consistency.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (392 g)	% DRI
ENERGY	92 kcal	361 kcal	18 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	4 mg	15 mg	5 %
SODIUM	26 mg	103 mg	4 %
CARBOHYDRATE	16 g	63 g	21 %
SUGARS	7 g	29 g	—
FIBER	1 g	4 g	17 %
PROTEIN	5 g	18 g	—