

Recipe

Banana Smoothie



fresh
SNAP

 Serves: 4 (Approx 300mL)

 Prep Time: 5 min

 Difficulty: Easy

Shout out to Melville Senior High School for this sweet summer recipe right from their canteen to yours. Smoothies are so versatile! Mix it up with delicious combinations of seasonal fresh fruit or frozen fruit.



Ingredients

- 3 medium bananas
- 125mL milk
- 2 ½ cups yoghurt
- 4 tablespoons honey

Method

1. Place all ingredients into a blender and blend until smooth and creamy.
2. Pour into cups and serve.

Additional notes

Size matters! This recipe has been created for a 300mL serve, therefore allowing for a **GREEN** classification.

Drinks made on site in a serve size between 300 - 500mL are classified **AMBER**.

Drinks made on site in a serve size greater than 500mL are classified **RED**.