



# BANANA BOOSTER SMOOTHIE

## Ingredients

- 1 cup milk†
- 2 bananas
- 3 tablespoons yoghurt†
- 1/2 teaspoon cinnamon
- 1 heaped teaspoon LSA mix
- 1 tablespoon honey

## Method

1. Place all ingredients into a blender and blend until smooth. If smoothie is too thick, add more liquid to reach the desired consistency.
2. Pour into glasses and serve immediately.

## Serves 2

**Tips:** Bananas are a good source of B vitamins, which are important for energy production, making them a great breakfast food.

LSA mix is a blend of linseed, sunflower seeds and almonds. It's high in fibre and has a low Glycaemic Index (GI), ensuring a slow and steady release of energy.

† Choose mostly reduced fat

<b>Your recommended daily serves*</b>	<b>QTY</b>
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

**Notes:**

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\* Recommended by the Australian Dietary Guidelines  
 ^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.