



Breakfast Smoothie

Breville

Breakfast Smoothie



Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

2 frozen medium bananas, chopped

4 dates, pitted

2½ cups (600ml) chilled unsweetened almond milk

¼ cup (60g) oat bran

2 tablespoons chia seeds

⅔ cup (120g) yogurt

1 tablespoon honey (optional)

Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.



Prep 10 minutes



Serves 1

1 frozen medium banana, chopped

2 dates, pitted

1¼ cups (300ml) chilled unsweetened almond milk

2 tablespoons oat bran

1 tablespoon chia seeds

½ cup (80g) yogurt

2 teaspoons honey (optional)

Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.