

TASTE WITHOUT WASTE

Choco-Banana Smoothie

Serves 1

Ingredients

1 largish banana, peeled and frozen. *Tip: Always have a few frozen bananas in the freezer!
70ml soy milk (or other milk)
3 tbsp natural yoghurt (for those with a sweeter tooth, use vanilla yoghurt)
 $\frac{3}{4}$ tsp cocoa powder

Method

Place the ingredients (in the order listed) in a small blender. Blitz for 30 seconds, stop give the container a little shake and then blitz for a further 30 seconds.

Scoop into a glass and serve.

Source: A Taste Without Waste original.

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