

BANANA, OAT & VANILLA BREAKFAST SMOOTHIE



LifeShape Clinic

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INGREDIENTS (SERVES 1)

250ml milk of choice
1 small banana, frozen
2 tbsp Vanilla protein powder
15g Oats
5g honey
5g raw walnuts

METHOD

1. Blend all ingredients on high in a food processor or blender until well combined.
2. Pour into a glass and enjoy!

Nutrition Guide

PER SERVE

Energy (cal)	320cal
Protein	25g
Fat	10g
Saturated Fat	1g
Carbohydrate	53g
Sugar	35g
Sodium	130mg
Fibre	5g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: No
Recommendations: Use half a banana, and 1tbsp protein powder
Total Meal Calories: 280 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: Yes
Total meal calories: 320 cal

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