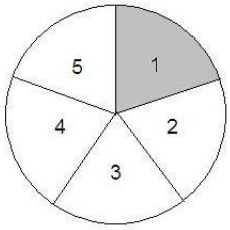
Banilla Whizz

Serves 3

Portions of fruit & vegetables per serving: 1



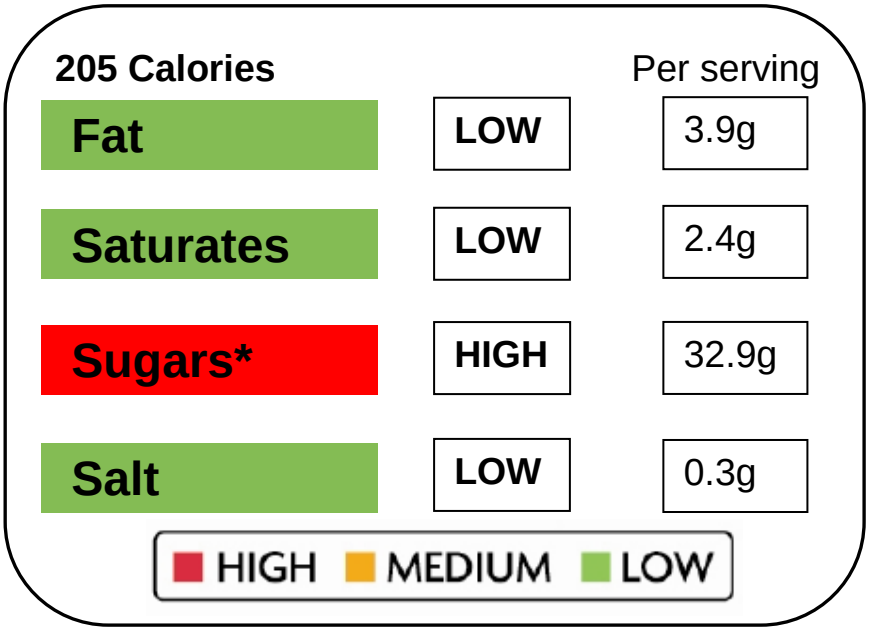
Allergen information:
Allergens are in bold.
Contains milk

Ingredients	Amount	Preparation
bananas	3	peeled and sliced
low fat vanilla **yoghurt**	1 small pot (125g)	
semi-skimmed **milk**	1 pint (568ml)	

Please Turn Over

Method

1. Place all the ingredients in a blender or bowl if using a hand blender. Keep some of the banana slices to one side for decoration.
2. Blend for 10 – 15 seconds until smooth and thoroughly mixed.
3. Pour into glasses and add the extra banana slices for decoration.
4. Serve immediately.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- If you are allergic to dairy products you can use soya milk and soya yoghurt instead.
- This is a great way of using up bananas that have gone over ripe.
- If you don't have a blender, use a fork to mash up the banana.
- Great for a breakfast drink.