## **BREAKFAST SMOOTHIE GUIDE**

rolled oats

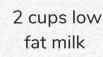




4 over-ripe bananas

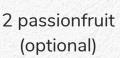
2 cups natural yoghurt

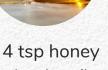






1 cup ice cubes

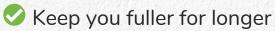




(optional)

Place all ingredients except passionfruit into a blender and blend until smooth. Pour into glasses and garnish passionfruit.

- High in calcium
- Rich in fibre



- Try adding 1/2 cup frozen raspberries
- Great with dairy alternatives such as almond milk



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