



Breakfast Smoothie

A breakfast smoothie is a great/refreshing way to start the day. Here's a quick and easy recipe from Frances and Francesca for you to try. If you make it the night before, it'll be ready and waiting for you to enjoy the following morning.

Ingredients

Fruit and Yogurt Smoothie (makes 2 portions)	CHO	Protein
100g frozen berries (still frozen)	8g	
½ banana	10g	10g
100g Greek/Greek style/Icelandic yogurt	5g	8-10g
125ml semi skimmed milk	7g	3g
20g jumbo/large oats	15g	2g

Method

Mix all ingredients in liquidiser/ blender and divide by 2. This can be made the night before. Shake or stir before serving.

Each portion: 23g carbs, 7-8g protein



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