



Banana Smoothie

Make your own delicious banana smoothie! For the perfect start to the day whizz up this healthy smoothie as a yummy alternative to breakfast cereal. Or enjoy as a mid afternoon snack to help keep the rumbles away!

You will need:

- 1 large banana • A large handful of strawberries • 1 glass of milk • 2 tsp honey
- A blender • A knife • Strawberries to decorate • Straws • An adult to help you



Get your ingredients together



Peel the banana and carefully chop into chunky slices



Wash the strawberries and cut them in half



Place all the ingredients into the blender taking care not to touch the blade



Making sure the lid is on, whizz up the ingredients until all blended together



Pour your smoothie into glasses, decorate with strawberries, add straws and ENJOY!!!

Makes two servings

