



Breakfast Recipe

HONEY BANANA SMOOTHIE (serves 2)

You'll need:

- 1 large ripe banana**
- 1 tablespoon all bran**
- 1 cup low fat milk, cold**
- 1 cup low fat yogurt, chilled**
- 2 teaspoons honey**

What to do:

- Peel banana and chop**
- Combine the rest of the ingredients in a blender for about 30 seconds and serve**