

LighterLife Management

Week 5 Recipes:

Chilled breakfast smoothie

This is one cool way to chill out in the morning, and it packs 3 of your 5 a day, too!

Serves: 1

Nutrition per serving:

280 kcal, 7g protein, 41g carbs, 11g fat, 9g fibre

Ingredients:

- 120g ripe banana
- 60g frozen blueberries
- 60g frozen raspberries
- 20g (2 tsp) peanut butter

Method:

1. Purée all the ingredients with a stick blender or in a food processor until smooth.
2. Thin with cold water if necessary, then serve immediately.

Tips:

- Try almond butter instead of peanut, and vary the fruit according to your taste.
- Add a teaspoon or two of our Mixed Berry Smoothie for an extra shot of nutrients and flavour.