



Banana and hazelnut smoothie

Banana and hazelnut smoothie is delicious for either breakfast or a quick and easy snack.

Serves 2

Ingredients

- 1 peeled, sliced banana
- 250ml soya milk or almond milk
- 1 tsp honey
- little grated nutmeg
- 2 tsp chopped hazelnuts, to serve



Method

Blend the banana, milk, honey and a little grated nutmeg until smooth. Pour into two large glasses and top with the toasted, chopped hazelnuts to serve.

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