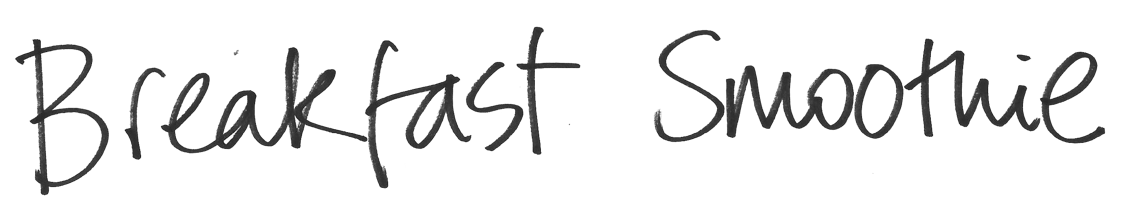


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**A breakfast smoothie is a great/refreshing way to start the day. Here’s a quick and easy recipe from Frances and Francesca for you to try. If you make it the night before, it’ll be ready and waiting for you to enjoy the following morning.**

**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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www.digibete.org/strike-the-breakfast-spike