

Banana Vanilla Smoothie - a great breakfast on the run especially for the busy teenager!

1 Banana

1 tspn vanilla essence

1 Raw egg

1 gm (or around 25) raw almonds

250ml organic whole milk*

Pinch of cinnamon and nutmeg



*you can substitute any form of milk eg soy, almond, rice. Still very nutritious although protein and kJ levels will vary

Grind almonds to a fine powder then add all other ingredients and blend until smooth. Drink and enjoy!

As well as being delicious, this smoothie provides around 20gms of protein and supplies around 2385 kJ.