

HEALTHY GINGERBREAD SMOOTHIE

Recipe adapted from healthy-delicious.com



Traffic light category: **Green <300ml**

Serves: **3**

Ingredients

- ½ cup reduced fat plain Greek yoghurt
- ½ cup reduced fat milk
- 1 large banana
- 4 tablespoons rolled oats, uncooked
- 2 tablespoons honey
- 1 teaspoon ground ginger
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- 1 pinch nutmeg
- 1 pinch allspice
- 1 cup ice

Method

1. Add all ingredients except ice to a blender. Cover and blend on high for 15-20 seconds, or until very smooth
2. Add ice. Cover and blend on high for another 20-30 seconds
3. Pour and serve.

*Recipe adapted with permission from the
Western Australian School Canteen Association Inc.*

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