

Recipe No. 02/2019

# Banana, Oat, Peanut Butter and Honey Smoothie

Back to school brings about that early morning madness. Mislaid items, fractious children, stressed parents and in all this, the need to get something into everyone's tums. This smoothie is the next best thing to a sit-down brekkies. It can be made and drunk on the run so by the time everyone reaches their destinations, they have got substance and nutrients to kick-start their day.

NB: Suitable for both TM5 and TM31

Active Time: 5 min

Total Time: 5 min

Makes: 4 glasses

## Ingredients

30 g honey  
30 g peanut butter  
500 g milk, either low fat or full cream  
250 g natural yoghurt, either full fat or low fat  
2 bananas, approx 200 g, cut in pieces  
50 g rolled oats



## Method

1. Place all ingredients into TM bowl. Blend **30 sec/speed 10**.
2. Pour into glasses and serve immediately. Best served cold.

## Cook's Tips

- For a vegan smoothie or for someone with lactose intolerance, substitute milk for nut milk or lactose free milk.
- Substitute the yoghurt by freezing nut milk or lactose free milk into ice cubes and place 250 g frozen milk cubes into the smoothie.
- Substitute the peanut butter for any nut butter.
- When bananas are getting over ripe, cut into pieces and freeze. Use the frozen bananas in the smoothie.
- For a gluten-free smoothie, substitute the oats for gluten-free oats, available at health shops.
- For a slightly nutty flavor, toast a batch of oats lightly in the oven and store. Use when necessary.
- For a less sweet smoothie, omit the honey.

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