THE LIGHTER PLATE METHOD

Banana, Oat & Cinnamon Breakfast Shake

Thick and oaty enough to drink instead of a bowl of porridge.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 2 ripe bananas
- 50 g porridge oats
- 400 ml semi-skimmed milk
- 1 tsp ground cinnamon
- 2 tsp honey
- 1 handful ice

Method

1. Blitz the oats alone for 20 seconds first, until they resemble a coarse flour.
2. Add the bananas, milk, cinnamon and honey.
3. Blend on high for 45 seconds until smooth and thick.
4. Add the ice, blend briefly and pour into two tall glasses.

Tips & swaps

- Blitzing the oats dry before anything else goes in is what stops the shake being gritty. It thickens noticeably within ten minutes, so make it last.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**10g**	**46g**	**6g**	**5g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk.