THE LIGHTER PLATE METHOD

Cacao & Banana Recovery Shake

Thick, chocolatey and filling enough to count as a small breakfast.



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

Ingredients

- 2 bananas
- 2 tbsp cocoa powder
- 400 ml semi-skimmed milk
- 2 tbsp peanut butter
- 40 g porridge oats
- 2 tsp honey

Method

1. Put the milk and cocoa powder into the blender first and blitz for 10 seconds to break up the powder.
2. Add the bananas, peanut butter, oats and honey.
3. Blend on high for 45 seconds, until completely smooth and slightly thickened by the oats.
4. Pour into two glasses; it thickens as it stands, so drink it fresh.

Tips & swaps

- Freeze ripe bananas in chunks when they go spotty; they make this colder and thicker without watering it down with ice.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**14g**	**44g**	**12g**	**6g**

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