



Choc Banana and Honey Smoothie

EASY • 6 MINS

If ever there was a love affair, it's banana and honey in a smoothie. Add chocolate to the mix and you've got one dreamy afternoon snack, or sweet start to the day! A few oats add sustenance and whole grains for extra goodness.



SKILL LEVEL
Easy

PREP TIME
6 mins

SERVINGS
1-2

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Ingredients

- ¼ cup rolled oats
- 2 tablespoons **Capilano Honey**
- 1 tsp cocoa powder or choc spread
- 1 frozen banana, cut into slices and frozen
- ½ cup Greek yoghurt
- 1 teaspoon vanilla extract
- 1 teaspoon chia seeds
- Extra banana and chia seeds, to serve

Method

1. Place oats in a blender and pulse a few times until pulverised. Add honey, cocoa, banana, yoghurt and chia seeds and blend until smooth. Garnish with extra banana & chia seeds if desired.
2. Tip: For a thinner smoothie add fresh banana instead of frozen. For a thicker smoothie, add ice before blending.

Used in this recipe

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