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	PREP TIME	SERVINGS
Easy	6 mins	1-2

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- ¼ cup rolled oats
- 2 tablespoons Capilano Pure 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

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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.

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