



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

Visit capilano.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 Organic Raw Honey**
- 1 tsp cocoa powder or choc spread
- 1 frozen banana, cut into slices and frozen
- ½ cup Greek yogurt
- 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 pulverized. Add honey, cocoa, banana, yogurt 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



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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

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