



Post Christmas Smoothie



Serves
6



Ingredients

1x 432g can Princes Pineapple Slices, drained
500mls Princes Apple Juice
150ml carton natural yoghurt
1 large banana, broken into 3
3 tbsps oatbran
Ground cinnamon to finish

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	90kcal	18.5g	0.9g	0.5g	0.1g
RI%	5%	21%	1%	3%	2%

Method

1. Pour the apple juice into the jug of an electric blender and then add the remaining ingredients apart from the cinnamon.
2. Place the lid on firmly then blend until smooth.
3. Pour into glasses and serve with a sprinkling of cinnamon over, or place in a suitable container and chill until required. Shake before serving.