



Niki's Banana Smoothie Recipe

Serves 2

Ingredients

2 ripe bananas, peeled

1 cup skim milk

1/4 cup plain low fat yoghurt

1 tbs honey

1/4 tsp ground cinnamon

2 strawberries with a slit through the centre, to serve

Method

Place all ingredients (except strawberries) into a blender, blend until smooth and pour into 2 glasses. Place strawberries on the glass rim and serve.

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Tips

Choose ripe bananas as they are creamier and sweeter. The main reason you should eat ripe bananas though is that green bananas contain proteins that limit the digestion of complex carbohydrates. You can add a couple of ice cubes before blending to make the smoothie cooler. Try different varieties of low fat or fat free milk in your smoothies.

Nutritional Note

Bananas are rich in Potassium, Magnesium as well being a good source of Dietary Fiber, Vitamin C, Manganese and Vitamin B6. They are a healthy carbohydrate snack because of their low GI, no fat, no sodium and no cholesterol. Suitable for athletes and dieters, they should be enjoyed as part of a balanced and healthy diet.