

SMOOTHIE BOWL

BANANA BREAD

INGREDIENTS:

- 3 Frozen Bananas
- ½ Cup Old Fashioned Rolled Oats
- 2 tbsp Creamy Peanut Butter
- ¼ tsp Cinnamon
- ¼ - ½ Cup Milk or Milk Alternative
- 2 Scoops Bioteen Vanilla or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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