



Peanut Butter Banana Smoothie

The surprise ingredient in this scrumptious smoothie not only gives it a creamy taste, but also gives you heart-healthy, gut-friendly, hunger-curbing fibre. That ingredient? OATS. Give it a whirl!

Ingredients

1/2 cup milk

1/3 cup large flake rolled oats

1 ripe banana, frozen

1/2 cup plain or vanilla Skyr yogurt

2 Tbsp natural peanut butter

How To Make:

Put milk and oats into a blender and let sit for 10 minutes until oats soften.

Add frozen banana, Skyr yogurt and peanut butter and blend until smooth.

Tips:

I prefer a less sweet smoothie and so use plain Skyr yogurt (which has even more protein than Greek yogurt), but you can use vanilla if you prefer – just look for a lower sugar variety (e.g. Siggi's).

Boost the protein in your smoothie by adding in a couple of tablespoons of powdered peanut butter.