

# Banana, Oat and Prune Brekky Smoothie & Green Power Smoothie with Prunes



Aus Prunes

# Banana, Oat and Prune Brekky Smoothie & Green Power Smoothie with Prunes

After trying these smoothies you'll be left wondering why you haven't tried these combinations in the past. They are delicious and satisfying.

SERVES: 2 | PREP TIME: 5 mins | LEVEL OF DIFFICULTY: ●○○ | VEGETARIAN

## Brekky Smoothie

### INGREDIENTS

- 1 medium banana
- 1/2 cup regular fat natural yoghurt
- 1 cup whole milk
- 2 tbsp rolled oats
- 40g **Australian prunes**, pitted (approx. 5)
- 1 egg
- 1 tsp honey

\*Vegetarian

### METHOD

Blitz all ingredients together in a blender until smooth and frothy.

## Green Power Smoothie

### INGREDIENTS

- 1 cup spinach (English or silverbeet), washed and chopped
- 2 tbsp canned pineapple in natural juice, drained
- 1 small Lebanese cucumber
- 40g **Australian prunes**, pitted (approx. 5)
- 1/2 cup regular fat natural yoghurt
- 1/2 cup water
- 1 tsp honey
- 1/2 cup whole milk

### METHOD

Blitz all ingredients together in a blender until smooth and frothy.

Optional: You could add a tsp of spirulina to this for an extra nutritional boost!

\*Vegetarian, gluten free.

### NUTRITION

- ✔ Good source of energy
- ✔ Good source of carbohydrates
- ✔ Good source of protein
- ✔ Natural fruit sugar from prunes, banana and honey
- ✔ Source of dietary fibre
- ✔ Rich in calcium

### NUTRITION

- ✔ Good source of energy
- ✔ Source of protein
- ✔ Source of carbohydrates
- ✔ Natural fruit sugar from prunes, pineapple and honey
- ✔ Source of dietary fibre
- ✔ Low in sodium
- ✔ Rich in calcium



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