

School Breakfast Clubs Program Recipes



Treat your students with a fun recipe that incorporates bananas, orange, oats and milk from the School Breakfast Clubs Program. Enjoy!



School Brekky Smoothie

Serves: 1-2

Difficulty: Easy

Health Rating: Green

Ingredients

1 cup sliced frozen
bananas

$\frac{1}{4}$ cup oats

$\frac{1}{2}$ cup fresh squeezed
orange juice

$\frac{1}{2}$ cup milk

Optional:

$\frac{1}{2}$ tsp honey

$\frac{1}{2}$ tsp orange zest

$\frac{1}{4}$ teaspoon vanilla extract

Method

Add all ingredients to a blender and blend until smooth.
Enjoy!

Tips: Overripe bananas can be peeled and sliced. Freeze flat on a tray first before moving into a container or zip lock bag in the freezer - this stops them sticking together!

Add a whole peeled orange to the blender instead of only the juice to up the fibre.