



## **Banana, Almond and Oat Smoothie**

### **Ingredients:**

- 1 ripe banana
- 1 tablespoon almonds
- 1 tablespoon oats
- 240ml milk (semi skimmed/soya/oat)

### **Directions:**

Put the almonds into the blender and grind into small pieces. Add the wheat germ, banana (broken into smaller pieces) and the milk. Blend together for about a minute until a smooth consistency. Serve