



## Banana Ginger Smoothie

**Servings:** 2

**Prep Time:** 10 Min

**Cook Time:** 0

### Ingredients

- 2 bananas, sliced
- 250ml plain yoghurt
- 15ml honey (to taste)
- 3ml freshly grated ginger

### Directions

1. Combine the ingredients in a blender, except for the oats if making the berry smoothie.
2. Puree until smooth, about 1 minute. Add water to reach the desired consistency. Stir the oats into the berry smoothie reserving a few for sprinkling on top.