



Banana and Bran Smoothie

Servings: 2

Prep Time: 5min

Cook Time: 0

Ingredients

- 2 Bananas
- 6 pitted prunes
- 75ml toasted high fibre bran (50g)
- 500ml low fat milk
- 20ml strawberry jam

Directions

1. Use a blender, food processor or stick-processor to whip together the ingredients from any recipe, until smooth and well mixed.
2. Serve in 2 large glasses.