**Sally’s Drawer**

**Banana Smoothie**

**Serves 2**

**Ingredients**

**2 cups milk**

**200g tub 99% fat-free banana yoghurt**

**2 medium ripe bananas, peeled, halved**

**2 tablespoons honey**

**2 tablespoons wheat germ**

**Method**

1. **Peel the bananas, and slice them into the blender.**
2. **Add in the honey and the wheat germ, followed by the yoghurt and the milk.**
3. **Blend until smooth*.***

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