

Banana Smoothie

Ingredients:

- 200ml Semi-Skimmed Milk
- 1 Banana
- 1 teaspoon Clear Honey

Equipment:

- Jug
- Glass
- Teaspoon
- Straw
- Blender



Method:

1. Place all the ingredients in the blender
2. Blend until smooth
3. Pour into a tall glass, serve with a straw