

Banana Skin & Broccoli Smoothie

Ingredients

1 Banana (skin left on)
Handful of Spinach, Kale or Salad Leaves
Few Broccoli Florrets
A Squeeze of Honey or Maple Syrup
Yoghurt or Plant Milk, enough to reach your favourite texture
3 - 4 Ice Cubes (optional)

Equipment

Food Processor / Blender / Liquidiser



Serves: 4 - 6

Prep Time: 5 minutes

Method



1. Place the banana and skin with the rest of the ingredients in a food processor or blender/liquidiser until completely smooth. Start off by adding a little yoghurt or plant milk. You can always check the consistency and add a little more if needed.



2. Pour the smoothie into a glass and serve straight away for a delicious, nutritious boost without wasting anything!

Top Tips

Banana flavour goes well with just about any other fruit or vegetable in a smoothie. It's a great way to scout around in the back of the fridge to see what's there for you to whizz up.

Whatever type of smoothie you make, leaving the skin on the banana adds flavour, texture and many more nutrients, such as fibre, calcium, and protein.

Add some porridge oats to thicken things up and add even more goodness.



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