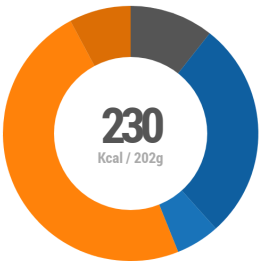


Golden Banana Breakfast Smoothie

By Natalia Waring

OVERVIEW ...

U / 15320324



CALORIES:

33.3% Carbs

10.6% Protein

56.1% Fat

FOOD LABELLING...

EU Label values per 202g

Serves 2

	PER 202G	%RI	PER 252G SERVING	%RI
Energy(Kj)	1006 kJ	12%	1255 kJ	15%
Energy(kcal)	241 kcal	12%	301 kcal	15%
Fat	14 g	20%	18 g	26%
of which saturates	2 g	10%	2.5 g	13%
Carbohydrate	19 g	7%	24 g	9%
of which sugars	16 g	18%	20 g	22%
Fibre	3.4 g	14%	4.2 g	17%
Protein	6 g	12%	7.5 g	15%
Salt	0 g	0%	0.02 g	0%

CONTAINS:



PEANUTS



SESAME

NUTRIENT BREAKDOWN PER 202G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 11% RI	230kcal	Saturated Fat 10% RI	2g	Vitamin A (ret eq) 0% RI	3.5ug
Energy(Kj) 11% RI	959kJ	Monounsaturated fat 12% RI	3.5g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0.4809ug
Carbohydrate 7% RI	19.2g	Polyunsaturated fat 48% RI	7.7g	Vitamin D	0ug
Protein 12% RI	6.1g	Omega3(n-3) 62% RI	1.4g	Vitamin E 15% RI	1.8mg
Fat 20% RI	14.3g	Omega6(n-6) 46% RI	6.4g	Vitamin K ₁ 0% RI	0.2052ug
Water	157g	cis-Poly	-	Thiamin (B ₁) 27% RI	0.2919mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 7% RI	0.0989mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 20% RI	3.3mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 15% RI	2.3mg
Starch	3.1g	Sodium 0% RI	4.8mg	Tryptophan	72mg
Oligosaccharide	0g	Potassium 23% RI	453mg	Pantothenic Acid (B ₅) 12% RI	0.703mg
Fibre 14% RI	3.4g	Chloride 1% RI	7.5mg	Vitamin B ₆ 28% RI	0.3913mg
NSP	1.9g	Calcium 7% RI	60mg	Folates (B ₉) Total 15% RI	29.9ug
Sugars 18% RI	16g	Phosphorus 18% RI	128mg	Vitamin B ₁₂	0ug
Glucose	6.4g	Magnesium 22% RI	83mg	Biotin (B ₇) 19% RI	9.7ug
Galactose	0.0008g	Iron 12% RI	1.7mg	Vitamin C 18% RI	14.1mg
Fructose	6.1g	Zinc 12% RI	1.2mg	OTHER	
		Copper 45% RI	0.4482mg		
		Manganese 35% RI	0.6912mg		

Sucrose
Maltose
Lactose

2.8g
0g
0g

Selenium 1% RI
Iodine 10% RI

0.6001ug
14.8ug

GI (estimated)
GL
Caffeine

45
8.6
-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Bananas, flesh only.. BANANAS	GB23 200g	2 x Medium	unchanged
Peanuts, kernel only, plain, unsalted.. UNSALTED PEANUTS	GB23 25g	1 x Small bag	unchanged
Sesame seeds.. SESAME SEEDS	GB23 11g	1 x tablespoon	unchanged
Ginger, fresh.. GINGER	GB23 5g	1 x thumb (2cm)	unchanged
Maca root, powder.. MACA POWDER	N 5g	1 x serving	unchanged
Hemp oil.. HEMP OIL	N 12.6g	1 x tablespoon	unchanged
Hemp seeds, shelled, linwoods.. HEMP SEEDS LINWOODS	N 9g	1 x tablespoon (milled)	unchanged
Coriander seeds.. CORIANDER SEEDS	GB23 2g	1 x teaspoon	N/A
Lime juice, fresh.. LIME JUICE	GB23 30g	2 x tablespoon	unchanged
Lime peel, zest.. 	N 4g	1 x Peel from one lime	unchanged
Water, tap, drinking.. WATER	N 200g	1 x Average glass	N/A

PORTIONS / PACK SIZES ...

1 Serving



252g / 301kcal

COOKING INSTRUCTIONS & NOTES

METHOD

GOLDEN BANANA BREAKFAST SMOOTHIE

Confession Time! Bananas have never been the first thing I've reached for in the fruit bowl. They are almost taste TOO sweet for me. But they are the perfect smoothie ingredient! A banana breakfast smoothie is literally the easiest thing to whip up for you or the whole family when you are in a mad dash in the morning and my recipe is an absolute protein power-house of a smoothie that will set you up for the day like nothing else. Just make sure you wash your blender straight away afterwards so it is clean & ready to use every morning!

Ingredients

Serves 2

2 ripe organic bananas
1 tbsp white sesame seeds
1 handful of plain peanuts, or 1 tbsp of peanut butter or other nut butter
2.5cm of fresh root ginger, peeled
1 tbsp hemp oil
1 tbsp of hemp seed hearts
1 tsp of whole coriander seeds
Juice and zest of 1 organic lime (or lemon or orange)
1 tbsp maca root powder
1 glass of still spring water

Method

Simply whizz all ingredients together in a high power blender, such as a NutriBullet, and serve in glasses.

Tips

If you'd like it less 'bitty', choose nut butter rather than plain peanuts, however the plain peanuts lend a cleaner flavour and colour.

The zest gives the smoothie a 'bitter kick', but leave out if you prefer.