

Banana, Blueberry, Almond & Oat Smoothie

Photography by [Darren Bester](#)

I'm a lazy fruit eater ... if its too messy, I wont eat it unless its over the kitchen sink. If it requires peeling, I'll think twice before taking on that challenge. I don't like the way apple skin feels in my mouth, I can't even think about the furry skin on a peach without getting goosebumps and I mean the wrong kind of goosebumps. So the idea of a smoothie, where I can get my required fruit intake in one quick shake, appeals to me. This smoothie literally takes less than 5 minutes to make and that includes washing the blender. Its perfect to pour into your take away cup of choice & enjoy on route to the gym or save it for your 11am snack at the office. Its so healthy, that I even share it with my 14 month old son, Hudson.

Yield: 500mls

Ingredients:

1 banana

3 handfuls fresh blueberries

4 heaped tablespoons of fat free greek yoghurt

handful of raw almonds

1/2 cup raw oats

generous drizzle of honey

1/2 cup crushed ice or regular ice-blocks

Method:

Blend all the ingredients until smooth & enjoy !

Cooks Note: You could use frozen fruit if you don't have fresh fruit readily available. If you have an abundance of bananas and blueberries, why not freeze them so they don't over ripen before required. The frozen fruit will also help keep your smoothie cold. You could substitute peanut butter for the almonds.

Washing up tip - fill blender half way with water after use and blend on high for a few seconds, discard the water and you'll see how much cleaner the beaker is. Wash as normal.

