

It's smooth to unzip a banana for breakfast

Speedy Banana Smoothie

Not much time in the mornings for breakfast? Slip all these really healthy ingredients into a blender, then one blitz and it's ready to serve.

- 1 large banana
- ½ pint of skimmed milk
- 2 drops of vanilla essence
- 4 ice cubes.

No slipping up on this little beauty! Why not Give It A Go!



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