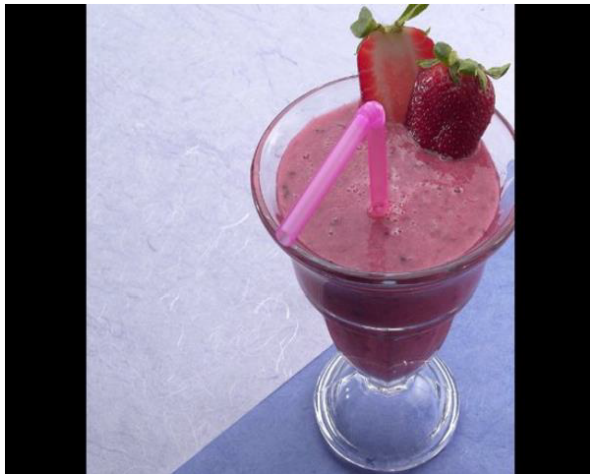


Summer Breakfast Smoothie, adapted from Taste.com (serves 2)

Porridge seems too hot to eat in the summer so how about a smoothie for breakfast which still incorporates oats for that slow release of energy? Bananas and berries provide fibre and live yogurt adds good gut bacteria as well as essential B vitamins for energy.



40g rolled oats  
2 ripe bananas  
70g fresh blueberries or frozen berries  
1 tsp pumpkin seeds  
1 tsp sunflower seeds  
1 tsp linseeds  
250ml semi-skimmed milk  
125g live plain yogurt  
1 tsp honey

*Method*

1. Blend all the ingredients until smooth and pour into glasses.

Handy hint — why not combine 100g pumpkin seeds, 100g sunflower seeds and 100g linseeds in an airtight container, mix and use when required? Add to salads or sprinkle on cereal.